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that'll work tonight



5:2 COMPLETE MEAL PLANNER

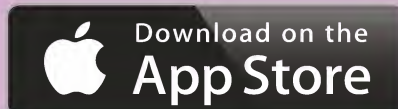
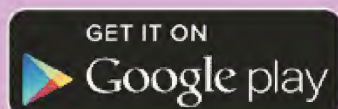
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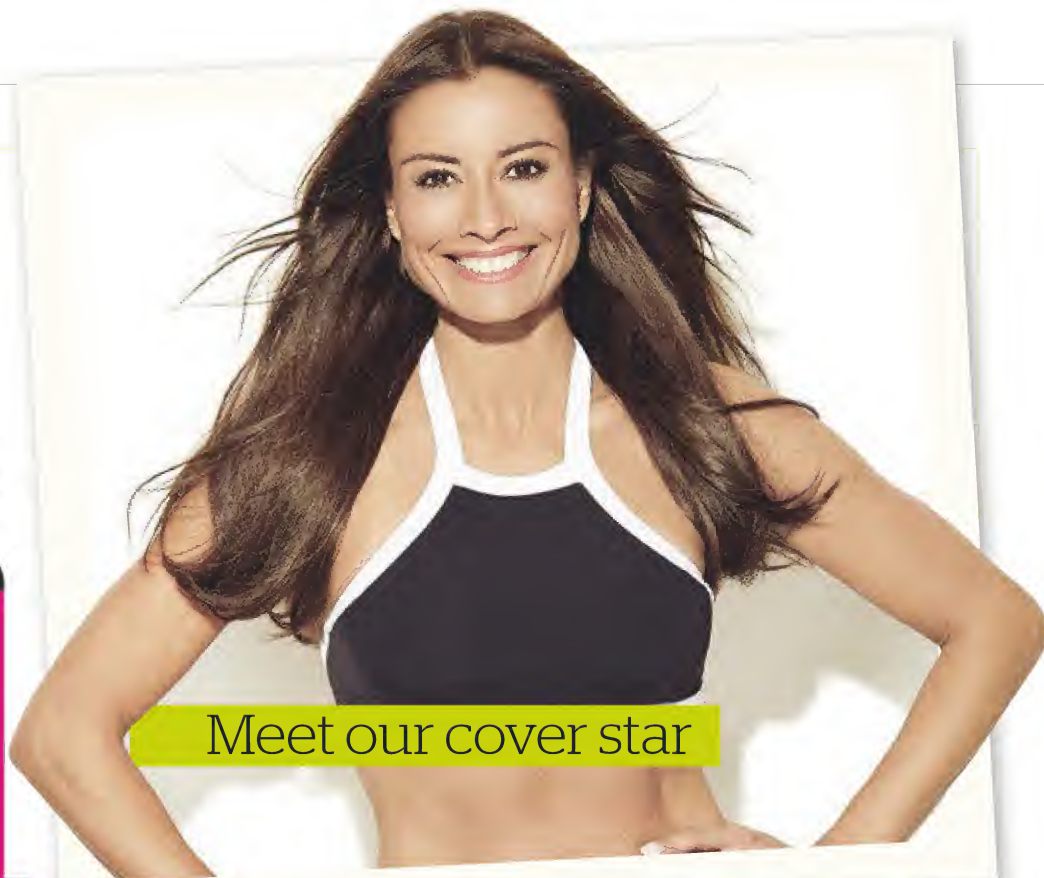


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Plus!
Eat Well
mini mag
starts on
p35



Welcome to fit & well



Meet our cover star



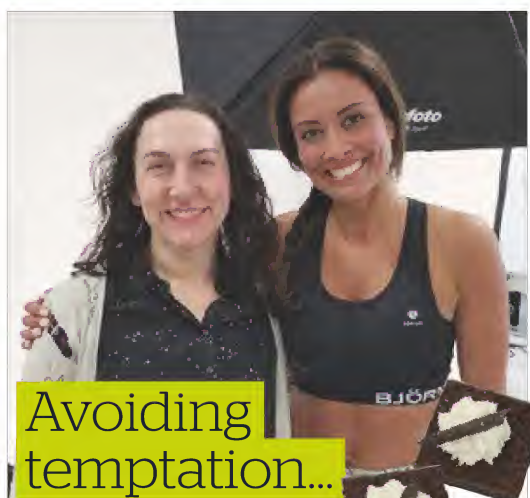
Now the weather has improved I've been attempting to go for regular runs. So that's how I found myself

pounding along the seafront at Brighton on a recent weekend away. The seasoned runners constantly overtook me, but lots of people gave me a friendly smile and, despite regular walking breaks, I kept going. Thankfully, I've got our Run Harder feature on p66 to inspire me and I've decided to treat myself to some new gear on p26 as a further incentive.

I've shared my running pic with you guys - sweat and all - so I'd love it if you could return the favour. Share it on Facebook, Twitter or Instagram with the hashtag #fitandwellruns

Charlotte

We've been...

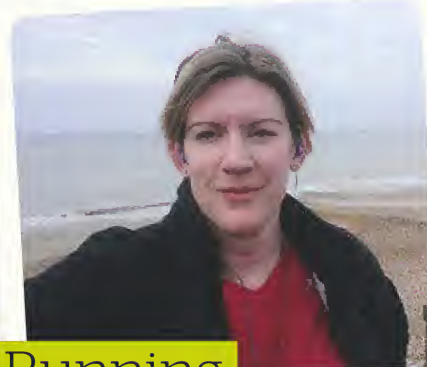


Avoiding temptation...

» *Art Director Debs*
'Mel Sykes and I managed to avoid digging into these tasty looking brownies on our cover shoot.'

Working out our faces!

» *Writer Natalia*
compiled this month's 10-minute challenge on p73. Here she is practising the exercises.



Running

» *Editor Charlotte*
'I packed my trainers on a trip to the coast - loved that there were no hills and fantasised about fish and chips!'

Cooking

» *Picture editor Sarah*
'I've been experimenting with a gluten-free diet - my blueberry pancakes tasted amazing!'



Get in touch!

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You've been...

muma_power



Inspiring

Thanks to muma_power for sharing her fave inspirational quotes with us on Instagram. Share yours, too, with #fitandwellwisdom



Lucy Parley @its_a_mummylook - We did it! Ditton Dash 10k Sunday morning, 52 mins. Win. #fitandwellruns pic.twitter.com/mC2rxG8D12

Celebrating

Lucy Parley was so proud of doing the 10K Ditton Dash in 52 minutes that she shared her selfie with us. Well done, Lucy!

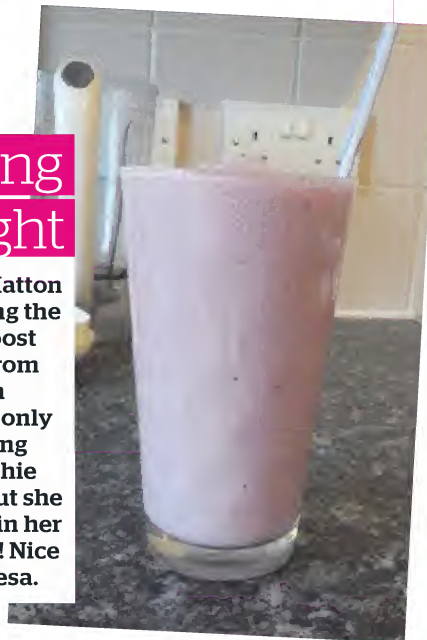


Cooking

Charlotte Spreadbury made our low-carb cauliflower base pizza. Doesn't it look delicious?

Losing weight

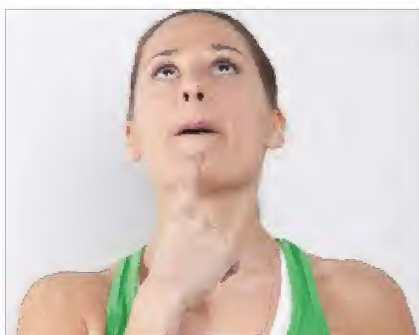
Theresa Hatton is following the energy-boost DIY diet from our March issue. Not only is she loving the smoothie recipes, but she lost 1.8kg in her first week! Nice one, Theresa.



What's next?

10-minute challenge

Can 10 minutes of face exercises a day really give you younger, firmer skin? Join us on p73 to find out.



Get souping

Try our perfect soup combo and be sure to share your pics on Twitter and Instagram #fitandwellfood



Blast those bingo wings

Turn to p50 for our 30-day bingo wing challenge. Share the pain and pics of your beautifully sculpted arms with fellow challengers by joining our Facebook event.

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on spa
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fit & well

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Time Inc.



‘Turning me to

Presenter Mel Sykes tells Sara
changed her body, made her

Television presenter Mel Sykes is just as you'd expect. The 44-year-old mum of two who won fans with her straight talking in last year's *I'm A Celebrity... Get Me Out Of Here!* always says exactly what she thinks. Her calm approach to life is refreshing in the glitzy world of celebrity, and her positive attitude is obvious in all aspects of her life, including her fitness regime...

‘I joined the gym for the first time’

As her milestone 40th birthday drew near, Mel decided her health needed a shake-up. She signed up for the gym for the first time and when she started seeing results, it spurred her on to do more. She's quick to point out that there are no tricks or short cuts, just hard work.

‘I'd had two children, I was approaching 40, so I bit the bullet,’ she explains. ‘I wanted to get toned. I wanted to start investing in my health - so I did.’

The former model also got a trainer and, in just under six months, her body began to look and feel more athletic. ‘Everyone that says ‘You're so lucky to look like that’, I'm not lucky at all, I put the work in. Anyone can get fit. If I can, anyone can - it's that simple!’ she smiles.

‘My arms were the first to change...’

She's famous for her enviable abs, but Mel's big concern was her arms, which were starting to dictate what she could wear.

‘It was the first difference I noticed. When you start getting over 40, everyone talks about getting that flabby arm thing. There are so many women in that age group that don't wear vests because

g 40 helped get fit!

Nuwar how getting into exercise has
feel better and given her enviable abs...

of the tops of their arms. I don't want restrictions like that. I'd rather work out and wear what I want. So I do tricep dips and bicep curls.'

'Fitness is a massive mood booster!'

The former model, who turns 45 this year, says that thanks to exercise, her body is better than it was at 20, and healthier than when she turned 30. But it's not about looking good on TV.

'There hasn't been pressure on me growing older in the spotlight. This is about taking care of myself. Television is just a fraction of my existence and it doesn't occur to me to do it for that reason. I keep fit for myself. It's about my life and how I feel naked.

'It's been a huge confidence and mood booster. It's made the transition into my 40s a lot easier.'

These days, Mel confesses she rarely goes more than three days without exercise. She fits in three to five workouts a week around her busy work schedule and being a hands-on single mum to two boys - Roman, 13, and Valentino, 10. Of course, it helps that her home is kitted out with items from her own popular fitness range...

'I use my TX machine, my bike and my weights. I'm never in the gym longer than an hour. Recently, I've been blitzing 20 minutes in the gym with high intensity and I don't give myself a break at all. That's as good as an hour pottering around.

'High intensity is cycling for a minute, then I do two different exercises for the arms, three times. And then back on the bike for a minute. Then some leg exercises, three times. I have to be constantly moving. I can do that at home with my own equipment.'

'I work my abs daily'

Mel likes to do a total body workout and is trying to 'build up' her bum again after losing a stone in the jungle at the end of last year. Even on holiday,





she doesn't avoid training. Not least because fitness makes her feel happier as well as healthier.

Some days may be a bum or arms day, but for Mel 'every day is an abs day'. Every session includes 100 abs reps, and nutrition is the key to getting ripped ab muscles. It explains why she has the stomach we're so envious of - and the reason we've asked her to showcase her favourite moves.

'I'm not too strict'

When it comes to diet, the self-confessed foodie is all about common sense. If she fancies a dessert, she'll have one. But she won't have one every time and she might opt out of a starter. She has 'good carbs' like sweet potatoes and never skips meals.

'A normal day may be a three-egg omelette but with one yolk, with peppers and spinach.

'Lunch will be a tuna salad with avocado, tomato and lettuce. I cook with coconut oil if I'm having a steak or a chicken breast with kale. Maybe brown rice or sweet potato. Before bed, I may have a bit of Greek yogurt with honey. I love olives, so I snack on olives or pieces of roast chicken in the packets.'

'I keep things varied'

Mel also takes vitamin tablets from her own bio-synergy range and swears by fish oils. She's swapped white wine for gin and tonics, because they are 'less calorific'. She rarely eats potatoes, bread, pizzas or pasta but her guilty pleasure remains the odd packet of pork scratchings. 'Everyone knows I'm a devil for them,' she adds with a broad smile.

'Those are my general guidelines and I play around with them as I like. Tonight, I'm making homemade burgers for the kids and grilled chicken breast for me. I love cooking, it's relaxing.'

Now she's looking towards her next milestone - the big 5-0. She's got a plan in mind including more Pilates, swimming and going easier on the weights.

'As I approach 50, I might not do as many weights. I need to get into swimming. I like my body shape when I swim. It's not so chiselled looking.' And knowing Mel, she'll achieve just that.

Try Mel's amazing abs moves

Get started with these simple exercises

What to do

Focus on spending a set amount of time per exercise. As you get stronger, you'll automatically make it more intense and increase the number of reps. Try 30-60 seconds on each exercise to start with, working up to and completing 3 sets.



» Mel's Active Woman equipment is available from very.co.uk and her range of nutrition supplements are available at bio-synergy.co.uk

Good
for your
ABS & BACK

»Forearm plank

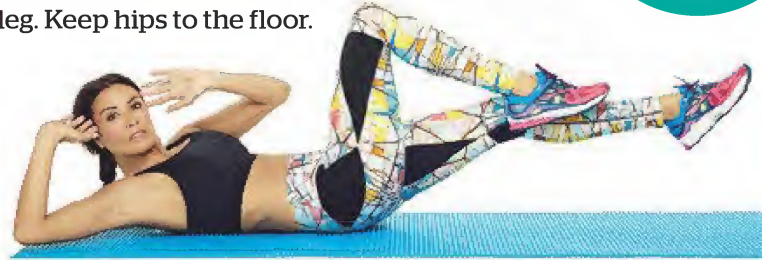
Pull in the abs and don't let the back arch. Imagine you have a weight bearing down on your lower back - try to resist it.



»Ab cycles

Knees to chest, hands to head and breathe out as you bring your elbow towards the opposite knee, straightening your other leg. Keep hips to the floor.

Good
for your
WAIST & ABS



»Bird dogs

From all fours, draw in your belly button, breathe out as you lift and lengthen your opposite arm and leg. An even body weight is key.



Good
for your
BUM & WAIST



»Stability ball curls

Sit on the ball, walk your feet forward and lie back, with hands by head. Flex from the waist to lift up, breathe out, don't push into legs to lift. For an easier level, try with arms crossed over your chest, and legs wider for more stability.

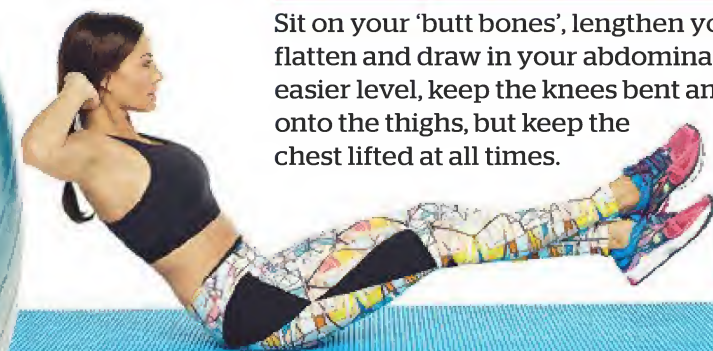
Good
for your
ABS & LOWER ABS



»Boat pose (modified)

Sit on your 'butt bones', lengthen your spine, flatten and draw in your abdominals. For an easier level, keep the knees bent and hold onto the thighs, but keep the chest lifted at all times.

Good
for your
HIPS & BACK



»Slow mountain climbers

From the hand plank position, alternate knee to chest. For ease, place the front foot on the floor as it comes to the chest.

Good
for
BALANCE & WHOLE BODY



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WHY HIGH HEELS ARE GOOD FOR YOU

Did you know that each step you take sends up to two times your body weight through your feet? Bad news if you're living in ballet pumps or Converse: 'Very flat shoes don't give your feet the support they need, causing them to roll in as the heels hit the ground, leading to pain and overstretching calf muscles,' says podiatrist Dr Tariq Khan.

His pick of the best summer shoes?

- » A pump with a heel of 1½ inches gives the right support.
- » A 70s-style wedge spreads pressure across the whole step.
- » FitFlops, with their sturdy soles, help buffer feet against pressure.

FAST FIX!

The spice turmeric is anti-inflammatory and can help prevent post-workout muscle soreness. Whizz a glass of milk with a banana, 1tsp each of turmeric and ground ginger for a muscle-boosting drink.



ON THE CLOCK

How long does it take you to snap when you're waiting for something? According to a recent survey, if you're like the average Brit, your patience will last...

41

is the age we stop caring so much what others think of us, says new research. Time to show off your dance moves, then...

One bottle... 18 uses!

Dr Bronner's Pure-Castile Soap is the best multi-tasker around. Use it as shower gel, shampoo, dishwashing and laundry liquid and even as toothpaste - so it's perfect for holidays. Until June, Dr Bronner's is donating 20p from every bottle bought to charity Compassion in World Farming. £8.99, drbronner.co.uk



#fitandwellwisdom

Follow us on Twitter at @fitandwellmag for more words of wisdom. Or use the hashtag above to tweet your inspirations



18 hours

WAITING FOR A FRIEND TO REPLY TO A TEXT

16 secs

WAITING FOR A VIDEO TO LOAD

13 mins

WAITING FOR A TRAIN

5 mins

WAITING TO BE SERVED AT A BAR



» Try quelling those angry feelings with the Bach Flower Remedy Impatiens, £6.99 from Holland & Barrett.

#FITANDWELLWISDOM

Lose 7lb

the Paleo way

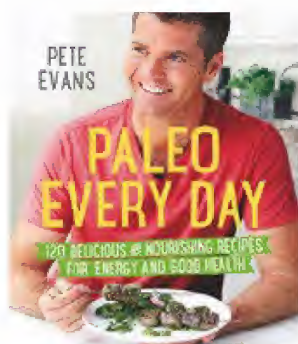
The so-called cave girl diet has legions of fans who believe it can boost your health and burn fat fast. Here's the lowdown...



Eating the Paleo way has never been more popular. Bloggers, celebrities and fitness trainers alike credit it with transforming their bodies, and thousands of Paleo meals are Instagrammed every day. It's been popular among health-conscious Americans for the last few years - gorgeous actresses Uma Thurman and Jessica Biel are big fans, as is singer Miley Cyrus - and it's now taking Britain by storm, too.

But what is it?

It's all based around the idea that eating the foods that would have been available to our hunter-gatherer ancestors in the Paleolithic period, 10,000 years ago, helps our bodies stay lean and healthy. 'Our ancestors lived on nutrient-dense vegetables, fruit, nuts, seeds, fish, shellfish,



poultry and game - none of the highly processed and refined foods, laden with sugar and starch that form the bulk of Western diets today,' says Paleo guru Pete Evans, chef and author of *Paleo Every Day* (Pan MacMillan, £18.99). 'Processed, sugary foods require different metabolic processes than those our bodies were designed for. Our genes remain the same, but our food and our waistlines are vastly different.'

The promise

Eating Paleo is a lifestyle change rather than a diet with a beginning, middle and end. But if you follow this new way of eating for a month, you can expect to lose at least ½st on average - and you'll have more energy, too. Plus, as it's all about eating fresh, whole foods, you'll lose your cravings for sugar and junk foods, and you should find your digestion is much better, with no more bloating.

The rules

» PROTEIN AT EVERY MEAL

Have a serving of protein-rich food, such as meat or eggs, and fill the rest of the plate with veg.

» PICK THE RIGHT FATS

Extra-virgin coconut oil and ghee are good; avoid processed vegetable oils like sunflower oil.

» LIMIT FRUIT AND STARCHY VEG INTAKE

Eat unlimited non-starchy veg such as cabbage, broccoli and peppers, but be more moderate with starchy veg like sweet potatoes and parsnips. Fruit contains natural sugar, so have just a couple of servings a day.

» COOK FROM SCRATCH

To avoid ingredients in processed foods like sugar and wheat flour, make your meals from scratch.



BREAKFASTS

- » Mix 50g chia seeds with 125ml coconut milk, leave for 15 minutes until it turns into a 'jelly', then top with fruit and seeds.
- » Scrambled eggs with wilted spinach.

» Smoothie: ½ avocado, 2 handfuls of spinach, a handful of mixed berries, 3tsp sunflower seeds, topped up with water.

TRY THIS!

BERRY PANCAKES (SERVES 2)

In a bowl, whisk 4 eggs with 120ml almond milk, ½tsp vanilla extract and 2tbsp honey. In another bowl, combine 100g ground almonds, 2tsp baking powder, 1½tbsp coconut flour, a pinch of sea salt and a pinch of ground cinnamon. Blend with the egg mixture. Heat coconut oil in a frying pan and pour in batter to make pancakes 5-6cm diameter. Cook on each side until browned, top with fresh fruit and honey.

LUNCH INSPIRATION

- » Omelette with green salad.
- » Salad with rocket leaves, tomatoes, avocado and tinned sardines or tuna.
- » Mackerel and baked sweet potato.

TRY THIS!

CHICKEN SALAD WITH GREEN GODDESS DRESSING (SERVES 2)

Combine 2 handfuls of cos lettuce, 3 sliced radishes and a handful of watercress with 2tbsp walnut oil. Season. In a food processor, blend ½ avocado, 3tbsp coconut milk, 3tbsp lemon juice, 1 garlic clove, 2 anchovy fillets, ½ cup of parsley leaves, 3tbsp basil leaves, 1tbsp tarragon leaves and ¼tsp sea salt. Pour in 125ml



extra-virgin olive oil and process until the dressing thickens. Arrange on 2 plates, pour over the dressing and top with slices of cooked chicken. Scatter over 3tbsp chopped walnuts and the zest of 1 lemon.

CAVE GIRL DINNERS

- » Grilled steak with steamed kale and swede and carrot mash.
- » Chicken, veg and cashew nut stir-fry (use chilli, ginger and sesame seed oil).
- » Roast chicken with roasted parsnip and peppers, and steamed broccoli.



TRY THIS!

GRILLED FISH WITH MISO

Mix 2tbsp honey with 120ml tamari and 250ml white miso paste in a container. Use to coat 4 trout fillets, skin on, and chill overnight. Brush a frying pan with 2tbsp coconut oil and cook the fish for 2 mins on each side. Heat oven to 170C, gas 3, and bake for 8-10 mins. Sprinkle with sesame seeds. Serve with sweet potato wedges.

Clever carb swaps

- » Swap pasta for spiralised courgette (try the Lurch 1-Piece Spiralo, £28.90, amazon.co.uk).
- » Swap rice for cauliflower rice - grate or process the florets until they resemble rice grains, then sauté with a little oil.
- » Swap chips for sweet potato wedges - chop a sweet potato into wedges, brush with olive oil and roast in an oven heated to 200C, gas 6, for 20 mins.

SMART TIP!

Visit a health-food store to stock up on Paleo store cupboard essentials like coconut flour, almond milk and nuts and seeds.

WHAT TO EAT

- » Meat, preferably grass-fed and organic
- » Fish and shellfish
- » Fresh fruit and vegetables
- » Eggs
- » Nuts and seeds
- » Nut milks, like almond milk (make sure it's sugar-free)
- » Oils and fats like coconut, olive, avocado and linseed oil
- » Herbs and spices
- » Small, occasional amounts of honey and maple syrup



WHAT NOT TO EAT...

- » Cereal grains, including wheat, rice and oats, and foods made from them, such as pasta and bread
- » Dairy, including milk, cheese and yogurt
- » Legumes and pulses, like beans and lentils
- » Potatoes
- » Refined sugar (and foods that contain it, such as cakes and chocolate)

Be inspired!



Visit Fit & Well magazine's Paleo page on Pinterest for more ideas

How we found

Three women reveal the magic dress size number that works for

Size
10



Louise has always been a 10

'I think I was just made this way!'

Louise Carter, 41, lives in Wellingborough with husband Dave, 49, and their children, Joshua, 13, and Sophie, 11. She runs lousreps.co.uk

For some, size 10 is the Holy Grail, but it's never been something I've aspired to. At 8st 10lb, I was just made this way. As a girl, my mum made sure I ate well-balanced meals and, though I was allowed the occasional treat, I learnt the importance of eating well.

That mantra continued as I grew up. Occasionally, I'd eat too much chocolate, but that bloated feeling would let me know I should cut back. Still, despite being health-conscious, I was worried about getting older and growing out of my size 10 jeans. But when Sophie started school, an unexpected work opportunity helped keep me toned.

A friend told me she'd been selling Avon products and, desperate to get out of the house, I signed up, too. Soon, I was making home visits to promote the brand and overnight my exercise quadrupled, walking four miles a day, knocking on doors.

I soon felt healthy and happy. Now, I've got 100 of my own customers. Feeling good about myself has helped me to achieve so much.

» avon.uk.com

'I don't want to be thinner'

Barbara Randell, 50, is a teaching assistant. She lives in Cardiff with her husband, Michael, 52. They have three children, Alis, 24, Jac, 21, and Stefani, 16.

To me, being a size 14 is perfect. I don't want to be an 8 - I'd look ghastly. I've been dieting for two years and now I have curves in all the right places.

Growing up, I was used to eating big portions and I loved snacking on biscuits - I had to have half a pack. It wasn't until I was in my thirties I realised my weight was out of control. By 2010, I'd gone up to a size 24 and weighed 16st 13lb. I lived in baggy clothes and began to dread leaving the house.

One morning my colleague, Jackie, mentioned she had joined Curves, a 30-minute fitness class, and did I want to go with her. The idea of puffing my way through an exercise class was mortifying. Still, she wouldn't give up and finally, two weeks later, I gave in.

I started to go to classes three times a week and within two months I'd lost 9lb. Two years on, I'm a healthy 10st 4lb. I've got a wardrobe full of gorgeous dresses and a pair of legs even my daughter Alis is jealous of!

I know some people are never satisfied with their bodies, but there's not a single thing I'd change.

» curves.co.uk



Size 24, Barbara didn't like to go out

our perfect size!

them - and why aspiring to be a size 10 isn't always everything...



'I wanted to feel like me again!'

Lara Holden, 36, lives in Kent with her husband, Danny, 41, and sons, Charlie, nine, and Oliver, six.

When I fell pregnant with Charlie, I remember thinking how great it was; not just that I was going to be a mum, but that I could eat for two!

I gorged on everything, including chocolate ice-cream and Chinese takeaways, and soon my belly was so big I could rest a plate on it.

I told myself if celeb mums could bounce back to shape, so could I. But I seemed to forget they have personal trainers, nannies and home gyms!

By the time Charlie was born, I was 15st and a size 22 - far too big for my 5ft 3in frame. With endless nappy changes and feeds, I grabbed unhealthy food, so it was no surprise that when I fell pregnant again three years later, I was barely out of my old maternity clothes.

When Oliver arrived, I was up to a size 24, 16st 7lb and miserable. I knew I had to do something. So I joined a Rosemary Conley Diet and Fitness class and started eating healthily. Within a year I lost 2st. Now I'm 10st 3lb, size 12, and feel like me again.

» rosemaryconley.com

What diet experts **really** eat...

No, it's not all steamed kale and chia seeds. Here's what our favourite nutrition gurus actually like to tuck into...



**'You can
still have
the odd
treat'**

Photos iStock



AMANDA HAMILTON

Nutritionist

Golden rules 'I avoid processed foods and ready-meals (packed with sugar, salt and fat) and I cook from scratch. I choose as many natural foods as I can.'

In a hurry 'If I'm in a rush, I might opt for a ready-meal from M&S but it won't be a thick-crust pizza or macaroni cheese. It'll be a fish pie and I'll add lots of veg. I always make sure the biggest portion of food on our plates is veg. Frozen veg is fab; in fact, the quality is sometimes

better than fresh and you can use them in soups, stews and casseroles.'

Biggest weakness

'Coffee - I need two or three strong cups a day. I've spent years trying to find a herbal tea I can stomach the taste of but so far I've failed. Butter is another stumbling block. I always buy Président because it's made using milk from grass-fed cows. There's nothing like spreading it on a slice of freshly baked

bread! I know butter is full of saturated fat but it's a natural fat and I don't believe it's these fats that are causing obesity.'

» amandahamilton.com



SAMANTHA PAGET

Nutrition expert and Neom

Organics Wellbeing Board member

Energy-boosting breakfast

'I follow the simple rule of protein with every meal, as it balances blood sugar levels. Most mornings, I'll eat organic Greek yogurt with seasonal berries and a slice of wholemeal toast with natural almond butter. Greek yogurt has about 6g more protein than non-fat yogurts, and nuts are a brilliant source of natural protein, while also being high in healthy unsaturated fats.'

De-stressing snack 'A warm drink such as liquorice tea helps to support the adrenals, the glands responsible for releasing stress hormones. Make your own by placing liquorice root in freshly boiled water, then pour through a strainer. Drink on your morning break to keep stress levels at a minimum.'

Mood-lifting treat

'Organic popcorn or dark chocolate. Popcorn balances blood sugar levels and chocolate releases the endorphins.'

» neomorganics.com



IAN MARBER

Nutrition therapist

Balanced breakfast 'I have avocado, eggs and sesame seeds - the perfect combination of protein, healthy fats and fibre, plus decaf coffee with soy milk.'

Easy fast food 'Canned broad beans mixed with salmon and walnut oil. It's so easy, but also really tasty and ticks all the nutrition boxes.'

Guilty pleasure

'If you eat healthily most of the time you can have the odd treat. For me, it's Bendicks Bittermints or Jelly Belly beans.'



FIONA HUNTER

Nutritionist

A healthier takeaway 'Tandoori dishes are a good option as they're not cooked with any extra fat, or I go for tarka dhal - a typical portion is around 187 calories. It's made with yellow split peas or lentils, which are high in dietary fibre, and just 3tbsp count as one of your 5-a-day.'

The perfect pizza topping

'I always select veggie toppings. A giardiniera has artichokes, mushrooms, leeks, red peppers and olives and has nearly 20% fewer calories than a pepperoni pizza. It also has less saturated fat and salt, and more vitamins from the vegetables. Opting for a thin crust cuts down on the dough, too.'

Portion control 'Eating out at restaurants where the servings are large, I'd always see if a friend wanted to share a meal and then have a salad on the side. Or order a starter-sized portion instead.'

» fionahunter-nutrition.co.uk



DR MARILYN GLENVILLE

Leading women's health expert

Nutritious treat 'I have whole wheat or rye toast, with an organic nut butter, a pure fruit jam (no added sugar) and a cup of green tea. A total pleasure!'

Quick lunch 'If I don't have much time, I make an omelette with organic eggs, tomatoes and mixed herbs, with avocado on the side.'

In the shopping basket 'A range of vegetables, hummus, tofu, organic or wild salmon and organic eggs. You can make healthy meals from these ingredients.'

» marilynglenville.com



SARAH WEST

Nutritionist

Eating out 'I avoid anything battered or 'crispy'. Szechuan prawns and stir-fried tofu with vegetables are

nutritious but usually under 400 calories.'

Avoiding sugar

'If I fancy a dessert, I have a salad with a lean protein such as chicken, which stabilises blood sugar, meaning I'll feel fuller for longer.'





#FIT IN
30
minutes

UP

FAST!

Want to firm up and give your posture a makeover? Pilates guru Lynne Robinson can help you transform your shape in two 30-minute sessions a week...

Ever wondered how celebs like Liz Hurley and Gwyneth Paltrow get that super-sleek look? Pilates is the answer. It firms and tautens muscles, and boosts overall strength and flexibility. And, because it's especially great at working your deep abdominals (a group of muscles down the sides of your abdomen), it's one of the best waist-whittlers around. Plus, it gives you the posture of a ballerina, helping you look taller and leaner - no wonder *Strictly* judge Darcey Bussell is a huge fan. As the moves are slow and deliberate, it calms your mind and gives you a wellbeing boost.

Lynne Robinson, founder of the world-renowned Body Control Pilates system, has designed a four-week plan around eight simple Pilates moves, complete with a how-to guide on the next page, to firm you up in a month. >>



Your **30 min** Pilates plan

BEFORE YOU START



Your trainer,
Lynne
Robinson

» These half-hour workouts are designed to be done twice a week. Lynne recommends that you practise both versions of the relaxation position first, as they contain some of the movement skills you'll need as the weeks progress. Week by week, the programme

will challenge you further by incorporating additional repetitions, reducing your base of support or testing your balance and co-ordination. By the end, you should notice a difference in your flexibility, strength and overall wellbeing. You'll be hooked!



WORKOUT 1

WORKOUT 2

WEEK 1

Relaxation position
Spine curls **x 8**
Curl ups **x 8**
The Cat **x 8**
Side reach **x 4**
Roll downs **x 8**

Relaxation position
Spine curls **x 8**
Curl ups **x 8**
The Cat **x 8**
Side reach **x 4**
Roll downs **x 8**

WEEK 2

Relaxation position
Spine curls **x 10**
Curl ups **x 10**
The Cat **x 10**
Side reach **x 6**
Roll downs **x 10**

Relaxation position
Spine curls **x 10**
Curl ups **x 10**
The Cat **x 10**
Side reach **x 6**
Roll downs **x 10**

WEEK 3

Relaxation boost **x 8**
Spine curls boost **x 6**
Curl ups boost **x 6**
The Cat boost **x 6**
Side reach boost **x 4**
Roll downs boost **x 8**

Relaxation boost **x 8**
Spine curls boost **x 6**
Curl ups boost **x 6**
The Cat boost **x 6**
Side reach boost **x 4**
Roll downs boost **x 8**

WEEK 4

Relaxation boost **x 10**
Spine curls boost **x 8**
Curl ups boost **x 8**
The Cat boost **x 8**
Side reach boost **x 6**
Roll downs boost **x 10**

Relaxation boost **x 10**
Spine curls boost **x 8**
Curl ups boost **x 8**
The Cat boost **x 8**
Side reach boost **x 6**
Roll downs boost **x 10**

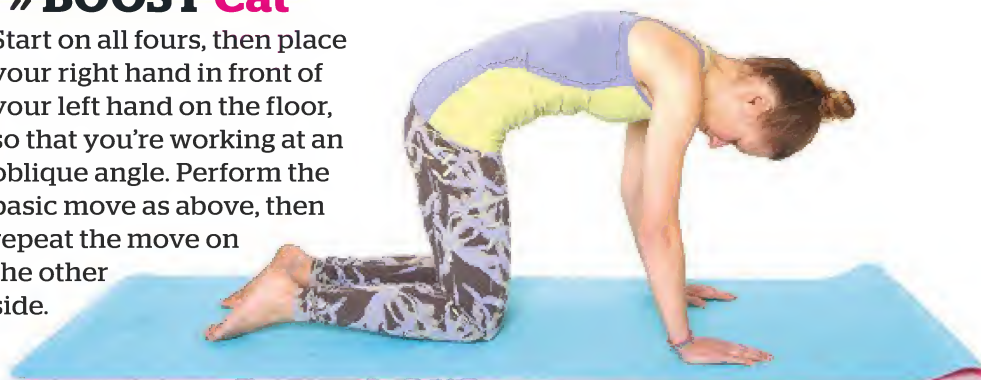
» The Cat

Go on all fours with your hands beneath your shoulders and knees beneath your hips. Breathe in and out, rolling your pelvis underneath. Your lower back will gently round. Allow your upper back to also round, followed by your neck, and

finally nod your head forwards. Breathe in, then out again as you unravel your spine, sending your tailbone away from you. Bring your pelvis back to neutral and return to starting position. Control your spine, vertebra by vertebra.

» BOOST Cat

Start on all fours, then place your right hand in front of your left hand on the floor, so that you're working at an oblique angle. Perform the basic move as above, then repeat the move on the other side.



» Roll downs

Stand with feet hip-width apart and knees bent. Breathe in, lengthen the back of your neck and nod head forwards. Breathe out and roll your spine down. Breathe in as you begin to roll your pelvis under you. Breathe out as you roll spine back up. Roll smoothly through each segment of the spine and keep weight balanced evenly through both feet.

» BOOST Roll down

When you've finished the basic move, roll down and return upright, float both arms up, out to the side and then above you. Repeat 8 times.



For more information, visit bodycontrolpilates.com or check out Lynne Robinson's *Body Control Pilates* app, 79p

an



#FIT IN
30
minutes

» Side reach

Stand with feet hip-width apart. Breathe in and raise right arm over your head. Don't hunch your shoulder. Breathe out and lengthen through the crown of your head to reach the upper corner of room, laterally bending spine. Keep pelvis centred. Breathe in, then breathe out, lengthening through your head as you return to upright. Breathe in and lower arm. Switch sides and repeat.



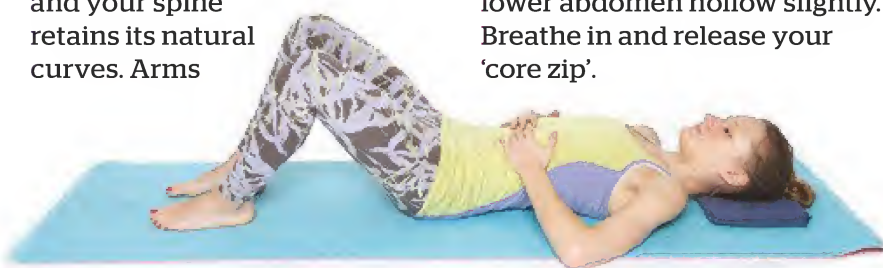
» BOOST Side reach

Start in high-kneeling position - knees and feet hip-width apart - and perform basic move. Switch sides and repeat.

» Relaxation position

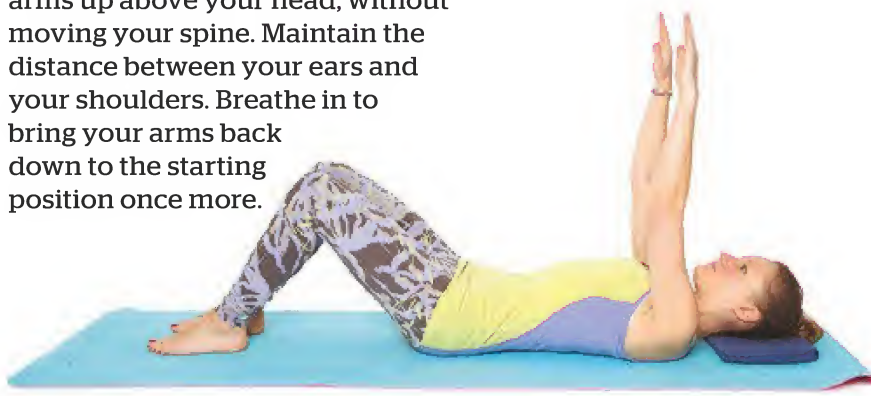
This is how you always begin your exercise. Lie on a mat on your back with your knees bent, feet flat on the floor, hip-width apart and parallel. Check that your pelvis is level and your spine retains its natural curves. Arms

should be resting at your sides. Breathe wide into your ribcage. Breathe out and gently engage your pelvic floor muscles, drawing up inside like an internal zip until you feel your lower abdomen hollow slightly. Breathe in and release your 'core zip'.



» BOOST Relaxation position

Follow directions for the basic move, but breathe out and raise both your arms up above your head, without moving your spine. Maintain the distance between your ears and your shoulders. Breathe in to bring your arms back down to the starting position once more.



» Curl ups

Start in the relaxation position, hands behind head. Breathe in and out, nodding your head down and curling your upper body away from the mat. Breathe in and hold the curl, then

breathe out to control the curl back down. Support your head, keep your spine level and move the spine bone by bone.



» BOOST Curl ups

Follow directions for the basic move, but once curled up, breathe in and open one knee out to the side, without moving the pelvis.

Breathe out and return knee before repeating with other leg, then curl back down.



» Spine curls

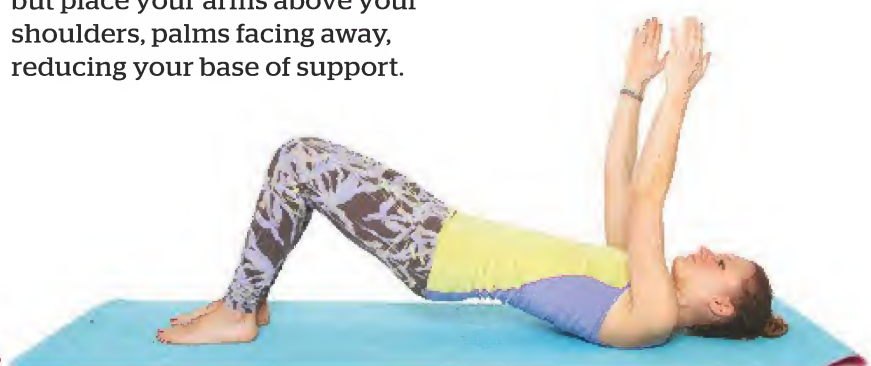
Start in the relaxation position. Breathe in wide to your rib cage, then breathe out and tilt your pelvis back, curling first your tailbone, then peel each vertebra off the mat until you reach your shoulders.

Breathe in and then breathe out as, one by one, you return each vertebra to the floor. Keep both sides of your waist elongated and that your weight is evenly distributed between both feet for good balance.



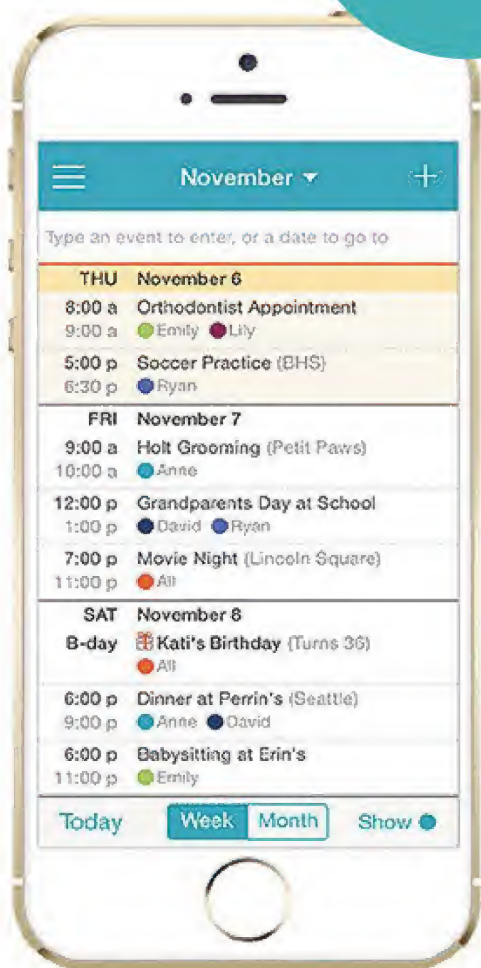
» BOOST Spine curls

Follow directions for basic move, but place your arms above your shoulders, palms facing away, reducing your base of support.





FREE!



One family One calendar

Manage the chaos of everyday life with Cozi, the must-have app for every member of the family

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Named #1 iPhone App for Moms by Circle of Moms

Family life. Simplified. **COZI**

Build the perfect SOUP

Ultimate nourishment in a bowl, created by food writer and nutritionist Sally Bee

ANTI-AGEING GREENS

Rich in the antioxidant anthocyanin, which can help repair skin, leaving it clearer and firmer.

TRY adding a handful of chopped spinach or watercress.

FAT-BUSTING BEANS

Packed with filling protein, legumes are also high in fibre that binds to fat and helps carry it out of the body.

TRY ½ tin of chickpeas, cannellini or kidney beans.

SUPER HEALTHY VEGETABLES

To maximise age- and disease-fighting antioxidants, look for vegetables with the deepest colours.

TRY 150g chopped carrot or roasted red pepper for sweetness, or diced roasted beetroot for an earthy flavour.

TOP DETOXERS

As well as providing a great flavour base, alliums help eliminate toxins.

TRY ½ a small chopped onion and 1tsp chopped garlic, cooked in olive oil. When heated together they've been shown to reduce cholesterol.

SKIN-SMOOTHING STOCK

Shop-bought stocks are high in salt which can lead to puffy skin.

TRY homemade vegetable or chicken stock (around 250ml), or a low-salt shop-bought version.

How?

Cook the veg in a little olive oil until soft. Add spices and stock, blend, then heat through.

SLIMMING CALCIUM

As well as increasing bone and teeth strength, calcium promotes fat burning.

TRY a dollop of crème fraîche or natural yogurt.

HEALING SPICES

Many spices are packed with goodness.

TRY ½tsp paprika for a vitamin E boost, fresh or dried chilli for heart-health, or turmeric to aid digestion.

#fitandwellfood



What combo will you go for? Use this hashtag to share snaps on Instagram @fitandwellmagazine

Break free from back pain

Whether you've got a stiff neck or tense shoulders, our fast fixes will help chase the pain away for good

STRETCH IT OUT

'Our lifestyles mean we spend more time being sedentary,' says Janet Wakley, author of *The Smart Guide To Back Care* (Hammersmith Health, £14.99). 'That creates tension in the muscles, triggering upper back pain.' Stand facing a wall, your heels together. Stretch your arms out at shoulder height, then press your hands against the wall, bending your knees, keeping your back straight, your shoulders wide and your neck up. Breathe in, count to three and push down with both feet against the floor. Breathe out, bend your elbows and push forwards, lifting your heels. Move your shoulders together, push the wall away and stretch your arms out.

WORK THAT CORE

It may be your back that's sore, but it's the core muscles in your abdomen, thighs and buttocks you need to work on. 'They support your back,' says Janet. 'The muscles of the back itself just keep you upright.' Unfortunately, sitting down so much means many of us have weak core muscles, leading to lower back pain. Abdominal crunches, planks, squats and lunges are all great core-strengthening exercises, as is regular Pilates.

GO HOT OR COLD

Compresses - either hot or cold - ease back pain, particularly sciatica, caused by irritation or compression of the sciatic nerve running from the back of your pelvis, down your buttocks and both legs to your feet. Cold treatments numb the area, while heat relaxes. Press a hot-water bottle against the sore spot, or wrap a bag of frozen peas in a towel and hold it against the area.



GET THE NEEDLE

Acupuncture can ease back pain more than conventional treatment, found American research. The traditional Chinese therapy, in which fine needles are inserted into specific body points, is approved by NICE for chronic lower back pain. Acupressure - massage rather than needles - can also help. For a stiff neck, acupuncturist Roger Dalet recommends massaging the dips at the back of your head below your skull.

THAT'S CLEVER!

Muscles are less likely to ache if they're well lubricated. Yet another reason to drink plenty of water.

HAVE A MASSAGE

Muscle strain and tension are major causes of upper and middle back pain. Research from the US Group Health Research Institute found massage therapy was effective for beating pain. It's also known for tackling stress - so it's a double win.

CHANGE YOUR PILLOW

'Sleeping in the wrong position can compress the bones in your neck, leading to neck pain,' says physiotherapist Sammy Margo. A pillow that's too soft and sleeping on more than one pillow, so your head's at an angle, are two classic causes. If you sleep on your front or your side, a firm, fairly flat pillow will keep your neck in the right position, while a fuller pillow will suit you if you snooze on your back.



KEEP MOVING

Your instinct may be to rest if you have back pain, but research shows walking is the best way to shift it. Walking for at least 20 minutes, twice a week, could help ease lower back pain as much as specialised clinic treatment, an Israeli study found. Yoga is another back-friendly activity: studies have found weekly yoga classes eased pain significantly (but do tell your teacher about your problem in case some postures aren't suitable).

BRILLIANT BACK GADGETS

1 JML SIT RIGHT CHAIR BACK SUPPORT SYSTEM, £14.99, amazon.co.uk. Simply slipped over the back of your chair, this supports your lower back and encourages a healthy neutral spine position.

2 THE BACK NODGER, £29.99, backnodger.com. This clever gadget kneads away the knots in your back.



The dos and don'ts for a bad back

DO...

- » **Take an anti-inflammatory painkiller** such as ibuprofen.
- » **See a physiotherapist, osteopath or chiropractor** - they can treat the immediate problem and advise on preventing it in future.
- » **Try a TENS machine** - these are battery-powered devices that help block pain signals.

DON'T...

- » **Try to do too much.** While it's usually beneficial to stay active, you should listen to your body and adapt your usual activities.
- » **Bend, stoop, lift or sit in a low chair** - these movements may aggravate back pain.
- » **Switch to a firm mattress** - a study published in *The Lancet* showed medium-firm mattresses gave the most relief.

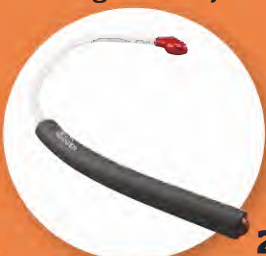
WHEN TO SEE THE DOCTOR

You should be able to manage back pain yourself, but in some cases, a trip to your GP is a must, such as if pain occurred after an injury, is worse when you lie down, or is accompanied by numbness, fever, stomach ache or problems urinating.

3 **POSTUREPLAST**, £14.40 for 4, postureplast.co.uk. It looks a bit like a big plaster and cleverly supports your lower back, while stopping your spine moving into any unnatural positions.



1



2



3



Adidas leggings, £36 Calf length, so great for warmer days



M&S reflective jacket, £55 This is both cosy and shower-proof



Ronhill hat, £10 Bright, modern and durable



Adidas Running Supernova Tee, £33 Built with ventilated climacool®



Nike vest, £20 Use this as a base layer

TIP
Running or cycling? Go for thin layers that you can build up



Nike Air Zoom Pegasus 31 Trainers, £85 Contoured forefoot and foam midsole for breathability

Get out and GO!

The weather's picking up, so it's time to head outside. Whatever activity you choose - kit yourself out with these reflective layers



H&M Base Layer Top, £14.99 Fast-drying and functional fabric



Asics Graphic Top, £35 This stands out clearly when you're running on busy roads



Brooks Nightlife LS Pullover, £50 A perfect solution for night-time when reflectivity is key



Ronhill leggings, £38 Specialist workout wear doesn't have to be boring



Under Armour Headband, £12 Stays fresh with use

North Face Apex Lite Jacket, £100
Wind and water-resistant for colder days



Under Armour Tee, £42 Bright is best for outdoor exercise



Nike headband, £10 Keep loose hair under wraps

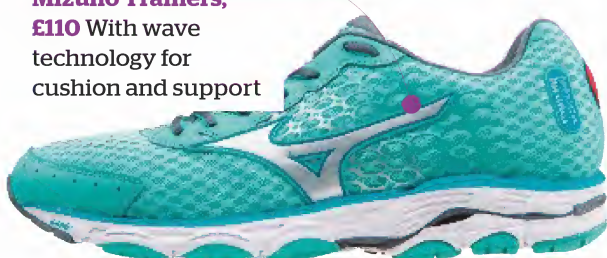


Under Armour Vest, £22 Mesh panels for breathability



TIP
Tailor your kit to your activity

Mizuno Trainers, £110 With wave technology for cushion and support



Vest, 30; shorts, £35; socks, £10; trainers, £114, all Asics





Your formula for perfect skin

Whether you have a dull complexion or you struggle with spots, the right combo of products is all you need...

The issue Dry skin

THE SIGNS Your skin always feels tight, especially after cleansing. It often looks dull and dry, and is prone to flaking.

YOUR SKINCARE COMBO...



1 Liz Earle Cleanse & Polish Hot Cloth Cleanser, £14/100ml. Soap and foaming cleansers are a big no-no for you, but this soothing balm, packed with essential oils, will cleanse without stripping.



2 bareMinerals Purely Nourishing Moisturizer, £27/50ml. Dry skin needs deep hydration and this creamy moisturiser really delivers, leaving skin plump and glowing.



3 Eau Thermale Avène Soothing Moisture Mask, £12/50ml. Rich in mineral-dense spring water, this mask will calm your complexion and put the moisture back.



perfectly hydrated skin

The issue Sensitive skin

THE SIGNS Your skin is thinner than most, with less of a protection barrier, so you're prone to redness. Harsh ingredients may cause irritation.

YOUR SKINCARE COMBO...



1 REN Hydra-Calm Cleansing Gel, £17/150ml. A super-gentle cleanser with soothing beta-glucan and calming chamomile flower water to leave skin comfortably clean.



2 Eucerin Clarifying Toner, £9/200ml. While most toners will be far too harsh for your skin, this one has anti-redness ingredients to provide another restorative step before your moisturiser.



3 Weleda Almond Soothing Facial Cream, £13.95/30ml. This rich moisturiser is crammed with natural ingredients, including almond oil to smooth and protect your complexion.



calm skin

The issue Oily skin

THE SIGNS Your skin is shiny soon after cleansing and your make-up doesn't last as long as you'd like. You might have pores and be prone to spots.

YOUR SKINCARE COMBO...



1 Philosophy Purity Made Simple High Foaming Daily Cleanser, £17.50/210ml. Foaming cleansers are ideal as they cut through oil. This one cleanses deeply without over-stripping.



2 Origins Spot Remover Blemish Treatment Pads, £24/60 pads. These are infused with salicylic acid, which brightens and clarifies skin, helping to blitz spots and blackheads.



3 Dermalogica Active Moist, £44.60/100ml. This is oil-free - a must for your skin - but still delivers the hydration you need, with anti-ageing plant extracts to keep your complexion glowing.



smooth, shine-free skin

The issue Mature skin

THE SIGNS Over time, the collagen that keeps your skin firm starts to break down, leading to wrinkles and sagging. Your skin becomes dry.

YOUR SKINCARE COMBO...



1 Olay Regenerist Daily Regenerating Cream Wash, £6.99/150ml. This gently polishes away dead skin cells, allowing new ones to surface, while saturating your skin with moisture.



2 Clinique Repairwear Laser Focus, £42/30ml. Trust us: a serum will make all the difference. This one contains glucosamine and clarisage to gently resurface your skin.



3 L'Oréal Revitalift Repair 10 Multiactive Day Moisturiser, £14.99/50ml. For anti-ageing effects, look for active ingredients like pro-retinol A, which helps speed up skin-cell turnover.



tauter, firmer skin

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10 superfoods proven to MELT FAT!

We've heard all about superfoods but did you know that there are ingredients that can aid weight loss, too?

1 BELL PEPPERS

The vitamin C helps produce carnitine, which in turn helps muscles use fat.

PROOF The *Journal Of Nutrition* says people with higher levels of vitamin C in their blood had lower BMIs.



2 AVOCADO

Full of protein, fibre and monounsaturated fats that lower cholesterol.

PROOF Studies show avocado-rich diets lower bad cholesterol and increase good cholesterol.



3 KELP

High levels of iodine to help thyroid hormone production and minerals to break down fat.

PROOF Scientists at Newcastle University have revealed that alginate in sea kelp can suppress digestion of fat in the gut by up to 75%.



4 EGGS

Just 80 cals and 6g of protein, it's a great way to start the day.

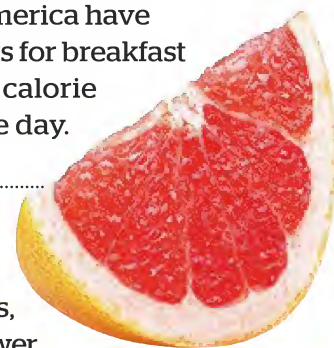
PROOF Researchers from the Rochester Center for Obesity in America have revealed that eating eggs for breakfast could help to limit your calorie intake for the rest of the day.



7 GRAPEFRUIT

When drunk with meals, the juice is thought to lower weight gain by up to a fifth.

PROOF A study by the University of California showed that it could help you accumulate up to 18% less weight.



5 OATS

A third of your daily amount of fibre in a single serving.

PROOF The *Journal Of The American College of Nutrition* showed testers were full for hours.



6 SPINACH

Full of fibre,

vitamins and minerals to ease water retention.

PROOF Scientists at Lund University in Sweden discovered a spinach extract containing thylakoids boosts weight loss by almost 43%.

9 PEANUTS

Have a handful as the amount of energy used to digest them means you burn calories while you're eating them.

PROOF The *International Journal Of Obesity* found that eating peanuts increased resting metabolic rate by 11%.



10 CUMIN

A fat-busting miracle that lowers cholesterol.

PROOF An Iranian study has shown that groups in a trial that ate 3g of cumin daily lost almost three times the body fat than those who didn't.



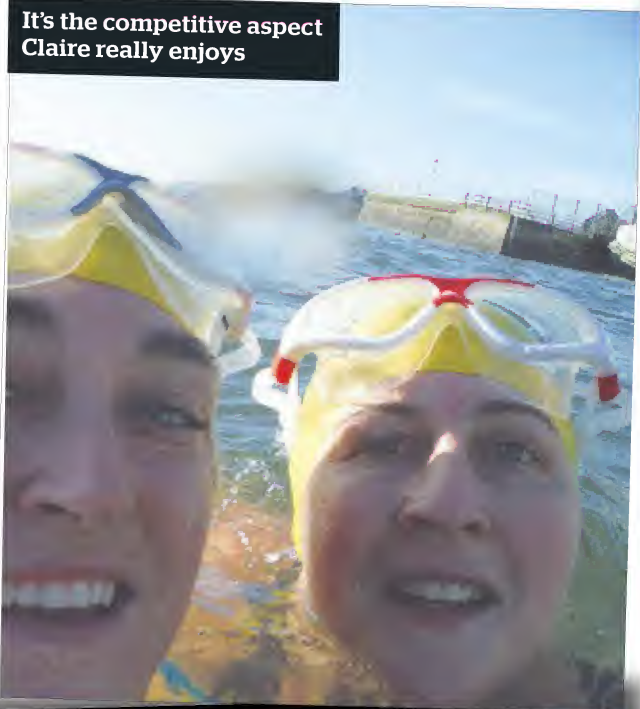
8 DARK CHOCOLATE

Aim for a couple

of squares that are at least 70% cocoa. **PROOF** The University of Copenhagen has shown that dark chocolate reduces cravings for sweet, salty and fatty food.

Fancy a dip on the **wild side?**

It's the competitive aspect
Claire really enjoys



Swimming in
open spaces
gives Caitlin
freedom



Claire's swimming
group is like a family

You wouldn't think our shiver-inducing seas and chilly lakes would entice anyone into their swimsuits. But thousands around the UK regularly enjoy wild swimming - that's taking a dip in any natural body of water, from ponds to rivers. The thought might make you break out in goose pimples, but wild swimming has loads of physical and mental wellbeing benefits. It's a brilliant calorie-zapper, boosts your heart health and ramps up your immune system - a Czech study found being in cold water can increase your white blood cell count, helping you fight off infections. Fans also swear by it as a mood-booster - and research has shown exercising outdoors, in nature, can help make you happier. As wild swimming is often done in groups, through a club, it can be very social, too. We speak to two wild swimmers to find out how their favourite way to get fit has transformed their lives.



Caitlin has found a way to deal with her anxiety

'This has become my therapy'

Caitlin Marchant, 38, is a PR consultant and artist from Welshpool, Wales. She has a daughter, Florence, aged 10

I suffered from severe anxiety for years, and after a negative relationship ended, I wanted to do something that made me happy. I had great memories of seaside holidays and had loved swimming as a kid, so when I read about wild swimming, I thought it might be for me. I did some research and discovered The Outdoor Swimming Society.

When I dipped into the water at my first wild swim, the water felt amazing, and afterwards I was exhilarated.

Swimming in open spaces gives me freedom and a childlike appreciation for simple things, such as spotting a kingfisher on the bank as I bob past. It's encouraged me to take life at a slower pace. I split my time between going out with groups from the society and exploring new spots alone, or with my daughter.

If I've had a bad day, I'll swim in the river nearby and it feels as if the water is washing the stress away - jumping into the water seems to reset my brain. Knowing I've discovered an effective relief for my anxiety has put me back in the driving seat. I swim at least once a week, even during the winter. It's funny watching people's reactions when you strip off on an icy January morning and run into the sea. I love the feeling of cold water on my skin - it makes me feel alive.

It's also shown me what I'm capable of. I'd never have believed that I would dive into freezing cold water with just my swimsuit on. I now know that I'm stronger than I thought.

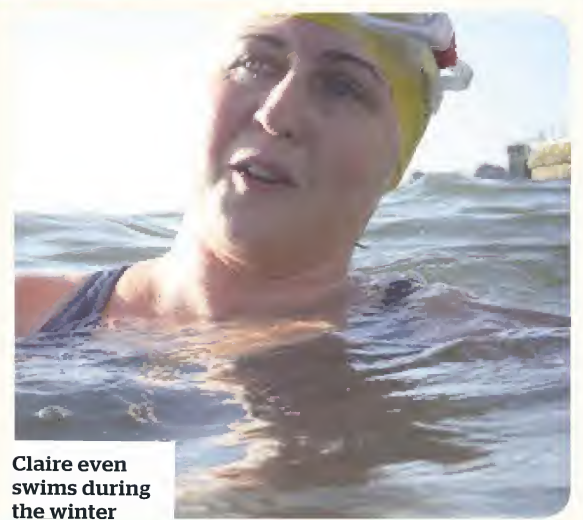
Through wild swimming I've met so many people. I've even connected with wild swimmers in Australia who are coming over to swim with me in Wales. It's taken my life on a path it needed to go.

'I'm the fittest I've felt in a long time'

Claire Tucker, 41, lives in Devon with her husband, Phil, and her two children, Eric, 16, and Alice, 15 In September 2013, my husband decided to cycle from Land's End to John O'Groats. While he was training, I decided to do something for myself. I wanted to do something different, so I contacted the Devon and Cornwall Wild Swimming Group (devonandcornwallwildswimming.co.uk). They were incredibly welcoming and just told me to come along and jump in.

The first open-water swim I did was with a lady called Jane who kindly offered to come swimming with me at a Plymouth beach called Bovisand. It was nerve-racking, as although I was a fairly strong swimmer, I wasn't fast and I couldn't do front crawl, which is essential to move quickly and efficiently through open water. I was also worried about the change in conditions and currents, and what was lurking beneath, so we stayed bobbing close to shore. I've learned that when you wild swim, your safety is your own responsibility: you should never venture into unknown waters without someone who knows the area.

I continued to go three or four times a week, even during the winter, and I quickly became hooked. After a few months of swimming in tough conditions and swallowing plenty of salt water, I'd taught myself front



Claire even swims during the winter

crawl and, by spring, I could swim long distances without getting exhausted. I started entering 5K swims. While lots of people do wild swimming just for leisure, you can get involved competitively and I really enjoy that side of it. Open water swimming magazine *H2Open* has a list of most UK events.

I love swimming in beautiful surroundings - Burgh Island in Devon is one of my favourite places to go: no walls, no smell of chlorine and no slow people in the fast lane. And it's better if you can go with buddies - the organisation has become family.

It's also a great stress buster. If I become frustrated or grouchy, my husband will chuck me out the door and tell me to go for a swim.

My health has improved, too. I rarely get colds and this is the fittest I've felt in a long time. What's more, it's the first time exercise hasn't felt like a chore. As long as you have a reasonable swimming ability, anyone can give it a go. I know wild swimmers in their eighties - I hope

I'm still swimming in Plymouth Sound when I'm that age.



'Exercise doesn't feel like a chore'

How to get started!

Use Twitter and Facebook to find a swimming group near you, or search the wild swim map on outdoorswimming.society.com. Stay safe: investigate swimming spots, go with other people and make sure you can manage the distance you're going to swim.

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Essentials

143

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Sara Cox

*'Dads don't
feel guilt the
way working
mums do'*

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26
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⤴ Best ever 'fakeaways'



⤴ Dairy-free puds!



⤴ Super-speedy lunches

» We help you choose the healthy option, whatever your diet

Low cal

Mains under 500
Snacks/desserts under 150

Low fat

Under 14g of fat for main meals

Low sugar

Less than 5g of added sugar per serving

Low salt

Contains 1.5g of salt or less per serving

High protein

At least 20% of cals come from protein

High fibre

6g (or more) of fibre per portion

Low sat fat

Less than 3g of saturated fat per serving

Gluten free

Contains no gluten products

2

The portions of fruit and/or veg per serving

#InstaSlim

» Swap your usual takeaway for one of these healthy fakeaways, all under 450 cals



High protein

High fibre

2

450 cals

10g fat (4g sat)

62g carbs

Prep time **15 mins**

Cooking time

35 mins

Serves **4**

YOU WILL NEED

- » Few squirts Frylight Extra Virgin Olive Oil
- » 1 onion, chopped
- » 250g lean beef mince
- » 2tsp chipotle paste
- » 2 garlic cloves, crushed
- » 1 red pepper, deseeded and chopped
- » 2 sticks celery, chopped

- » 400g can chopped tomatoes
- » 300ml vegetable stock
- » 400g cannellini beans, drained and rinsed
- » 400g can black beans, drained and rinsed
- » 4 Old El Paso Stand 'N' Stuff soft flour tortillas
- » 4tbsp tomato salsa
- » 4tbsp 0% fat Greek yogurt

- » ¼ iceberg lettuce, shredded
- » Handful coriander leaves

WHAT TO DO

- 1 Heat oil and fry onion in a large pan for a few mins. Add the mince and cook for a few mins to brown.
- 2 Stir in the chipotle paste and garlic and cook for a few mins.

- 3 Add pepper, celery, tomatoes, stock and beans, cook for 20 mins.
- 4 Microwave the tortillas, to warm, and spoon in the chilli. Serve with tomato salsa, Greek yogurt, lettuce and coriander leaves.



YOU WILL NEED

- » 200g (4 nests) wholewheat noodles
- » 200g Tenderstem broccoli
- » 300g stir-fry vegetables
- » 200g smoked tofu, sliced
- » 4tbsp chilli stir-fry sauce

Low fat Low salt 1

284 calories
4g fat (0.7g sat)
6g carbs

Prep time **5 mins**

Cooking time

15 mins

Serves **4**

WHAT TO DO

1 Plunge the wholewheat noodles into a pan of boiling water, return to the boil and cook for 4 mins.

2 Meanwhile, heat a non-stick wok and stir-fry the broccoli for 2 mins. Add the stir-fry vegetables and cook for a further 2 mins.

3 Add the tofu and chilli sauce, gently stirring all the time, and cook for a few mins.

4 Drain the noodles and toss together with the tofu and vegetables, and serve immediately.

YOU WILL NEED

- » 300g celeriac, peeled and cut into chips
- » Frylight Extra Virgin Oil
- » 2 x 125g salmon fillets
- » ½ lemon
- » 300g kale
- » 2tbsp 0% fat Greek yogurt
- » 2tsp capers
- » 2 gherkins, chopped
- » 1tbsp parsley, chopped

WHAT TO DO

1 Heat oven to 200C, gas 6. Put the celeriac on a non-stick tray, squirt with Frylight and bake for 20 mins.

2 Turn the celeriac and put the salmon on parchment paper at the other end of the tray. Top with a lemon slice and squeeze over the juice. Bake for 10 mins.

3 Spread the kale out on another tray, spritz with Frylight and bake for 7-10 mins until turning crispy.

4 Mix together the yogurt, capers, gherkins and parsley. Serve with the salmon, kale and celeriac.

High fibre Gluten free Low sat fat

160 calories
9g fat (1.5g sat)
3g carbs

Prep time **15 mins**

Cooking time

30 mins

Serves **2**





High protein Gluten free 2

218 calories
4.5g fat (1.5g sat)
20g carbs

Prep time **20 mins**
Cooking time
15 mins
Serves **4**

YOU WILL NEED

- » Frylight Sunflower Oil
- » 400g pork fillet, sliced
- » 4 garlic cloves, crushed
- » 2 red chillies, deseeded and chopped
- » 5cm piece ginger, peeled and grated
- » 2tbsp Tamari sauce
- » 2tbsp runny honey
- » 1 bunch spring onions
- » ½ Chinese lettuce, shredded
- » 200g each of carrots, mooli and watermelon radish, spiralised into spaghetti
- » 2tbsp Thai fish sauce

WHAT TO DO

- 1 Heat a wok with a few squirts of Frylight, add the pork and fry for 5 mins.
- 2 Add half the garlic and chilli, and all the ginger. Pour in the Tamari and honey, simmer for 10 mins.
- 3 Add the remaining veg to another sprayed wok or pan. Stir-fry for 5 mins with the rest of the garlic and chilli. Pour over the fish sauce. Serve with the pork.

YOU WILL NEED

- » 4 boneless chicken thighs, each cut into 3
- » 2 garlic cloves, crushed
- » Finely grated zest and juice 1 lemon
- » 1tbsp rosemary leaves, chopped
- » 1tbsp olive oil
- » Few squirts Frylight extra virgin olive oil
- » ½ cucumber, chopped
- » 2 tomatoes, halved and sliced
- » 1 red pepper, deseeded and sliced
- » ¼ iceberg lettuce, shredded
- » 2tbsp parsley, chopped
- » 100g Greek light salad cheese, cubed
- » 4 pitta bread
- » 1 lemon, cut into wedges

WHAT TO DO

- 1 Season the chicken with salt and ground black pepper, put into a shallow container. Sprinkle over the garlic, lemon zest and juice, and rosemary. Drizzle over the olive oil and spritz with Frylight.
- 2 Heat the grill and cook the chicken for 15 mins, turning until golden.
- 3 Meanwhile, combine the cucumber, tomatoes, red pepper, lettuce, parsley and cheese.
- 4 Toast the pittas, split and fill with the chicken and salad. Squeeze over lemon wedges, to serve.

High protein Low sat fat 1

422 calories
8g fat (2.5g sat)
40g carbs

Prep time **20 mins**
Cooking time
15 mins
Serves **4**



**YOU WILL NEED**

- » 1tbsp groundnut oil
- » 1 red onion, sliced
- » 500g pack chicken fillets
- » 4-6tbsp tikka masala paste
- » 200g can chopped tomatoes
- » 4 Weight Watchers mini naan bread, to serve
- » Small bunch coriander

WHAT TO DO

- 1** Heat the oil in a large wok and gently fry the onion for 5 mins to soften. Add the chicken fillets and cook for 10 mins, turning occasionally, until browned.
- 2** Stir in the tikka masala paste (check the jar instructions, as different brands vary in strength) and cook for a few mins.
- 3** Add 100ml of water and the chopped tomatoes, and simmer for 5 mins. Warm through the naan breads and serve with the curry, garnished with coriander leaves.

Low cal High protein Low sat fat

317 calories

8g fat (2g sat)

25g carbs

Prep time **10 mins**

Cooking time

20 mins

Serves **4**

YOU WILL NEED

- » 2 wraps (we used Dina Paninette)
- » 227g can tomatoes, drained
- » 1 garlic clove, crushed
- » 25g light mozzarella, chopped
- » 25g baby spinach leaves
- » 6 black olives
- » 15g sunblush tomatoes, chopped
- » Frylight extra virgin olive oil

WHAT TO DO

1 Heat oven to 220C, gas 7. Put the wraps onto a baking tray. Spread over the tomatoes and scatter with the garlic and mozzarella.

2 Arrange the spinach, olives and tomatoes over both bases and squirt several times with Frylight.

3 Bake for 10 mins until piping hot.

Low cal Low fat Low sat fat

238 calories

5.5g fat (1.5g sat)

40g carbs

Prep time **5 mins**

Cooking time

10 mins

Serves **2**



What's so super about BLUEBERRIES?

» The original superfood, boasting heaps of nutrients - it's time to up your daily dose

What's good about them?

» They have the highest levels of antioxidants of all fruit, including vitamins B6, C and K
» Can help to boost the immune system
» They neutralise free radicals, which can affect disease and ageing
» Eaten as part of a low-fat diet, they can reduce belly fat

» Helps promote urinary tract health
» Eating 3 portions a day can help preserve vision
» Help keeps memory sharp
» These are the grandad of superfoods - and when you see the list of health benefits you know why
» They can be pricey, so look out for deals or buy frozen as they are cheaper

Easy blueberry ideas

» **Super smoothie** Put 50g frozen blueberries, 1 small banana, 1tsp runny honey, 3tbsp apple juice and 5tbsp low-fat raspberry yogurt in a blender. Blitz until smooth.

» **Switch up a salad** Sprinkle over tomato and mozzarella salad with a sprinkling of basil leaves.

» **Creative couscous** Combine 100g couscous with 200ml stock. Add a

handful of parsley and mint, 50g light cubed Greek cheese and a handful of blueberries.

» **Easy compote** Pop the blueberries in a pan with a couple of tablespoons of water and warm through until berries are just softened - this releases their flavour. Sweeten to taste with honey, maple syrup or Truvia (stevia).

» **Brilliant breakfast**

Start the day with a handful served with yogurt and granola.

» **Fabulous fruit salad** Combine 1 sliced apple, 5 sliced strawberries and a handful of blueberries.

» **Different dessert** Layer up spoonfuls of vanilla quark with cooled blueberry compote in tumblers.



Start the day with a burst of berries

Recipes: Felicity Barnum-Bobb Photos: Getty Images, Timeincukcontent.com

Get cooking!

Blueberry buttermilk muffins

YOU WILL NEED

- » 300g self-raising flour
- » $\frac{3}{4}$ tsp bicarbonate of soda
- » 150g golden caster sugar
- » 300g blueberries
- » 100ml light and mild olive oil
- » 300ml carton buttermilk
- » 2 eggs

WHAT TO DO

1 Heat the oven to 200C, Gas 6. Line a muffin tin with 12 paper muffin cases. Tip the flour and bicarbonate of soda into a large bowl. Add the sugar and mix. Tip in $\frac{2}{3}$ of the blueberries and gently stir to combine.

2 Pour the olive oil into a jug with the buttermilk and eggs, and lightly beat together with a fork.



Low sat fat

221 calories
7.5g fat (1g sat)
32g carbs

Prep time **15 mins**

Cooking time

20 minsMakes **12**

3 Pour the wet ingredients into the dry and stir gently to just about mix everything together. It's fine if the mixture is lumpy.

4 Divide the muffin mixture equally between the muffin cases, top with the reserved blueberries. Bake for 20 mins or until the muffins are well risen and firm to touch.

Super-boosting berry and coconut porridge

YOU WILL NEED

- » 25g gluten-free jumbo oats
- » 4tbsp coconut water
- » 2tbsp dairy-free coconut yogurt
- » 50g frozen mixed berries
- » $\frac{1}{2}$ banana, sliced
- » 1tsp chia seeds
- » 1tsp cocoa nibs

High fibre

278 calories
11g fat (6g sat)
42g carbs

Prep time **5 mins**

Cooking time

2 minsServes **1**

WHAT TO DO

1 Put the oats in a bowl with the coconut water, yogurt and frozen berries.

2 Microwave on high for 2 mins until warmed through and the liquid is reduced.

3 Stir and serve topped with banana slices, chia seeds and cocoa nibs.



#fitandwellfood



Use this hashtag to share your blueberry creations with us on Instagram
 @fitandwellmagazine

7 smart & speedy lunches

» Bored of sandwiches? Try these easy ideas instead...



Miso pot noodle

» **Brilliant for** boosting vitamins B, C and K

» Put 1tbsp sweet miso paste into a jar or bowl, add 25g seaweed noodles, pour over boiling water to cover.

» Add 2 sliced mushrooms, ¼ deseeded and sliced red pepper, a few tiny broccoli florets, several baby pak choi leaves, a splash of

Tamari sauce and a squeeze of lime.

» Leave for 10 mins for the noodles to soften, then serve.

WHY IT WORKS The combination of veg in this healthy treat gives a great range of different vitamins.

Low
cal

Low
sat fat

1

75 calories

1g fat (0.1g sat)

5g carbs

Prep time **10 mins**

Soaking time **10 mins**

Serves **1**



Kale Caesar salad

» **Brilliant for** upping B vitamins

» Mix 2tbsp buttermilk, 1tsp Dijon mustard and 1tsp cider vinegar. Cut 1 slice yeast-free chia & flaxseed rye bread (Biona) into cubes.

» Squirt a non-stick pan with Frylight Extra Virgin Olive Oil, add 1 crushed garlic clove, and fry the bread for a few mins.

» Arrange 60g

baby kale onto 2 plates, top each with 4 anchovies, the croutons and Parmesan cheese shavings. Season and drizzle over the dressing.

WHAT'S SO GOOD ABOUT KALE? We should be eating all kinds of dark leafy greens as they're rich in vitamins and fibre, but kale is the highest in nutrients and is a good source of vitamin B6, essential for eye health.

High fibre Low cal

243 calories
11g fat (5g sat)
19g carbs

Prep time **10 mins**

Cooking time

5 mins

Serves **2**

Hoisin duck wraps

» **Brilliant for** increasing iron intake

» Spray a non-stick pan with Frylight Extra Virgin Olive Oil. Add 175g mini duck fillets, and 1 deseeded, sliced red pepper. Pan-fry for 5 mins until duck is cooked through. Stir in 2tbsp hoisin sauce.

» Take 2 tortilla wraps and top with 3 spring onions, cut into long strips, and a few little gem lettuce leaves.

» Divide the duck and pepper between the wraps.

Roll up tightly in foil and cut in half to serve.

WHY IT WORKS Without its skin, duck is actually even lower in calories than lean chicken. And it's a great source of iron. These are much lower in fat but just as delicious as crispy duck rolls.

1

337 calories
9g fat (3g sat)
35g carbs

Prep time **10 mins**

Cooking time

5 mins

Serves **2**



Jumbo prawns and 'cauli couscous'

» **Brilliant for** 5:2 dieters and low-carb fans

» Put 3 cauliflower florets in a food processor and pulse until it looks like couscous.

» Add mint, coriander and parsley leaves, 15g pitted olives and 2 cherry tomatoes. Pulse again, add 1tsp lemon juice.

» Mix 1tsp olive oil with 2tsp lemon juice and season.

» Arrange spinach leaves on a plate and scatter over the 'couscous' and 50g cooked jumbo prawns. Drizzle over the dressing and top with 1 deseeded, chopped chilli.

WHY IT WORKS Cauliflower is a great lower-cal, lower-carb swap for starchy foods. Seen recipes for cauliflower rice? It's exactly the same as the couscous.

Low cal Low sat fat High protein

144 calories
3.5g fat (1.1g sat)
5g carbs

Prep time

5 mins

Serves **1**



Tuna vitality salad

Brilliant for beating hunger pangs

» Separate the leaves from 1 little gem lettuce, then combine with 1 chopped celery stick, 3 halved cherry tomatoes,

¼ chopped cucumber and 1tsp sliced, drained jalapeno chillies.

» Top with 75g can drained

tuna in brine and a few parsley sprigs. Season and squeeze over 1 wedge of lemon. Serve with another lemon wedge.

WHY IT WORKS Canned tuna is high in protein and low-cal. But remember, it doesn't count towards your recommended three portions of omega 3-rich oily fish a week. So if you've the time, use fresh.

High protein Low sat fat 1

100 calories
1g fat (0.2g sat)

3g carbs

Prep time

10 mins

Serves 1

Turkey pitta pocket

» **Brilliant for** eating after exercise

» Finely slice ¼ of an onion and pour on 1tsp red wine vinegar and a sprinkling of sea salt. Set aside.

» Mix 2tbsp 0% Greek yogurt, ¼ garlic clove, a few chopped mint leaves and 3 slices chopped cucumber.

» Toast 1 mini pitta bread, open and fill with half of the yogurt sauce, 40g cooked lean turkey and onions. Serve with a handful of mixed

salad leaves and a chopped radish on the side and the rest of the yogurt dressing.

WHY IT WORKS This

is a great post-workout lunch as the turkey will fill you up and help feed your muscles with plenty of protein.

Low cal High protein Low sat fat

183 calories
1.5g fat (0.3g sat)

22g carbs

Prep time **10 mins**

Cooking time

2 mins

Serves 1



Skinny fusion noodles

» **Brilliant for** aiding digestion

» Put 200g zero noodles in a bowl with 1tbsp miso paste.

» Add 1 carrot, ½ courgette and 1 baby leek, cut into strips with a julienne peeler (Lakeland). Add 1 chopped sun-dried tomato.

» To serve, add 200ml boiling water, stir, and put a lid or clingfilm over the top. Leave for 1 min to cook the noodles.

» Sprinkle over 1tbsp mixed seeds, 1tsp shredded crispy seaweed thins (Itsu) and ¼tsp dried oregano.

WHAT'S SO GOOD ABOUT MISO? This fermented soybean paste contains beneficial probiotic micro-organisms that can help support good digestion. While being high in sodium, some research suggests it might have less of an effect on your body than salt.

Low cal 1

195 calories
10g fat (1g sat)

16g carbs

Prep time **10 mins**

Soaking time

1 minute

Serves 1



97 calories (24g)
McVitie's Jaffa Cake Bar



139 calories (33g)
Mr Kipling Banoffee Slice



113 calories (25g)
Bonne Maman Madeleine



118 calories (26g)
Mr Kipling Victoria Slice

Eat cake?

Yes, you can!

» No, you don't have to miss out on a brownie or an angel slice. These treats all come in at under 150 cals!



106 calories (27g)
Mr Kipling French Fancy



144 calories (35g)
Mr Kipling Bakewell Slice



61 calories (14g)
Thorntons Brownie Bite



99 calories (24g)
Tesco Country Slice



125 calories (28g)
Cadbury's Jam Mini Roll



95 calories (30g)
Soreen Malt Loaf



138 calories (33g)
Mr Kipling Angel Slice



117 calories (26g)
Tesco Milk Chocolate Mini Roll



145 calories (28g)
Mr Kipling Viennese Whirl

Delicious dairy-free desserts!

» Here's how to switch up your sweet course - tasty treats with added goodness



High
fibre

Gluten
free

328 calories

27g fat (7g sat)

17g carbs

Prep time **20 mins**

Serves **12**

Extra-healthy key lime pie

YOU WILL NEED

For the base

- » 90g gluten-free oats
- » 50g flaxseeds
- » 150g pitted dates
- » 3tbsp coconut oil

For the filling

- » 5 ripe avocados
- » Juice of 6 limes (75ml)
- » Finely grated zest of 4 limes

- » 3tbsp chilled coconut milk
- » 3tbsp coconut butter
- » 3tbsp runny honey
- » 1tsp Truvia (stevia)

For the decoration

- » 100g block creamed coconut, grated
- » 2tbsp maple syrup
- » 1tbsp toasted coconut flakes

WHAT TO DO

- 1 Grease and line a 20cm spring-clip tin. Put the oats, flaxseeds and dates in a processor, and whizz until chopped. Add the coconut oil and blitz again. Press into the base of the prepared tin.
- 2 Halve the avocados and add the flesh into a clean processor with the lime juice, zest of 3 limes, coconut milk,

coconut butter, honey and Truvia. Blitz together to combine.

- 3 Spread the lime filling over the base and freeze for 1½ hrs until firm (but not frozen!).

- 4 Put the creamed coconut into a jug and stir in 3tbsp boiling water and maple syrup. Drizzle the icing over the top, scatter with coconut flakes and remaining lime zest.

'Truly scrumptious' low-sugar trifle

YOU WILL NEED

- » 8 sponge fingers
- » 3tbsp sherry
- » 2 x 8.5g sachets Jell-o sugar-free orange
- » 200ml orange juice
- » 2 oranges, peel and pith cut away, and cut into segments
- » 1 ripe mango, flesh removed from stone, and sliced
- » 1 papaya, halved, deseeded and sliced
- » 1 litre soya milk
- » 4tbsp custard powder
- » 1tbsp Truvia (stevia)
- » 2 x 250g natural dairy-free coconut milk yogurt
- » 25g dried mango pieces, chopped
- » Zest of 1 orange

WHAT TO DO

1 Put the sponge fingers at the base of a trifle bowl and drizzle over the sherry. Put the Jell-o granules into a jug and pour on 300ml boiling water, stir to dissolve, then add the orange juice. Pop in the freezer for 5 mins to cool.

2 Arrange the oranges, mango and papaya over the sponge fingers. Pour on the cooled jelly and put into the fridge to chill.

3 Mix together 3tbsp soya milk with the custard powder and Truvia, to make a smooth paste. Heat

the remaining milk in a non-stick pan until almost boiling, pour onto the custard paste, stir and return to the pan. Heat and stir until thickened and smooth. Pour into a jug and cool for 15 mins, then pour over the set jelly. Chill.

4 Top with coconut yogurt, then decorate with dried mango pieces and orange zest.

Low
sugar

191 calories
13g fat (10g sat)
18g carbs

Prep time **20 mins**

Cooking time

4 mins

Serves **12**

Show us yours!

This month's Twitter shout out for the best dairy-free bakes produced these delights



» Mixed fruit cupcakes by Melina @melnabakes



» Scotch bunnet and chocolate tarts by Neah Brown @MRH_Patisserie



» Rainbow cake by Adrienne Rutherford @BakerBabyBakes



» Vegan chocolate and peanut butter brownies by Jenna Andrew-Artamali @jennaartamali

#fitandwellfood



Want to appear here? Use this hashtag to share your healthy puds on Instagram @fitandwellmagazine

Meal makeover

STEAK AND MUSHROOM PIE



Low cal High protein

345 calories
17g fat (7g sat)
30g carbs

Prep time **20 mins**

Cooking time

2 hrs

Serves **4**

» THE ORIGINAL VERSION

Frying the steak in butter, adding flour for the sauce, then encasing the top and bottom with pastry makes traditional steak and mushroom pie a high-cal meal.

WHAT WE DID

We switched the butter for Frylight, ditched the flour and added gravy granules instead, then finished it off with a dinky puff lid.

THE DIFFERENCE

	ORIGINAL VERSION	HEALTHIER VERSION
Calories	645	345
Protein	50g	32g
Carbs	30g	16g
Fat	36g	17g
Saturates	18g	7g
Fibre	2g	2g
Sugar	5g	5g
Salt	1.5g	1.7g

» OUR HEALTHY VERSION

YOU WILL NEED

- » Few squirts Frylight sunflower oil
- » 450g cubed braising steak, trimmed of all fat
- » 1 large onion, chopped
- » 1 carrot, chopped
- » 1 celery stick, sliced
- » 2tbsp Worcestershire sauce
- » 1tbsp tomato purée
- » 2tsp thyme, chopped
- » 450ml hot beef stock
- » 1tsp gravy granules
- » 125g ready-to-roll light puff pastry
- » 200g baby chestnut mushrooms, halved
- » 1 egg, beaten, to glaze

WHAT TO DO

- 1 Heat oven to 170C, gas 3. Spray a large flameproof casserole dish with oil and add the steak, onion, carrot and celery. Cook for 10 mins until browned.
- 2 Add Worcestershire sauce, purée, thyme, beef stock and gravy granules. Season and bring to the boil. Cover and cook in the oven for 1 hr 30 mins.
- 3 Grease 4 x 200ml ovenproof dishes.
- 4 Roll out the pastry. Upturn one of the dishes onto the pastry sheet and cut around;

repeat 3 more times.

5 Place the pastry lids onto a greased baking sheet and score with a knife. Chill.

6 Add the mushrooms to the stew, increase the oven to 220C, gas 7. Brush the pastry lids with egg. Place the stew at the bottom of the oven and the pastry at the top. Cook for 10-15 mins until pastry is golden brown, then serve the stew with the pastry lids.

feel**better**FOOD



IN SEASON SUPERFOOD

Watercress and rocket are fantastic leaves high in vitamin C and folate. For a healthy lunch or side dish, mix together with roast courgettes, olive oil and balsamic vinegar. On the go? Pop in the Klip It Salad To Go box from Lakeland, £6.49, which has its own dressing compartment - so no more soggy salad.



3 CEREAL BARS WORTH THE BITE

If you miss your usual breakfast as you rush out the door, try one of these...

1 FOR SLIMMERS

Slim-Be bars contain konjac, a plant fibre that expands in your stomach to fill you up, and comes in at under 115 calories. In strawberry and caramel, £12.99/10 bars, Amazon.



2 FOR ENERGY

Get an energy hit with 9Bar Pumpkin, a nutrient powerhouse with seeds - making up over half its ingredients. Great for keeping you going. £1.90/4 bars, Tesco.



3 FOR A SWEET TREAT

Satisfy a sugar craving the healthy way with a Nakd Bakewell Tart bar. It tastes just like the teatime favourite, but has no added sugar. It's gluten-free, too. De-lish! 75p, Tesco.



That's clever!

Everything But The Cow is a delicious fruit drink made with soya protein, which is dairy-free, low in fat and low-GI. £2.49/330ml, Tesco.



SHAKE THE SALT HABIT

Most of us eat a lot more than the recommended 6g of salt per day, putting us at risk of high blood pressure. To cut down, try these alternatives.



Amoy Reduced Salt Soy Sauce, 79p
SAVE 6g



Kallo Very Low Salt Chicken Stock, £1.20
SAVE 3.5g per cube



LoSalt, £1.62
60% less sodium



Fast fix

Did you know that just 8 tasty strawberries give you 100% of your daily dose of vitamin C for only 30 calories?

#fitandwellfood



Use this tag to share your favourite buys with us on Instagram @fitandwellmagazine

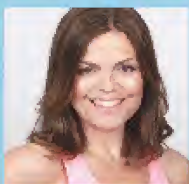
#FITANDWELLWISDOM 'After a good dinner one can forgive anybody, even one's own relations' Oscar Wilde



Banish **BINGO WINGS** in 30 days

Take our challenge and transform your arms from saggy to sculpted

Have long sleeves become your go-to? Instead of covering wobbly upper arms, this spring it's time to firm up. Celebrity trainer Caroline Sandry has devised a 30-day plan that will whip your biceps, triceps and deltoids (that's the shoulder bit) into shape in no time. All you



Your trainer
Caroline
Sandry

need for arms to rival Michelle Obama's is your own body weight and a pair of light dumbbells (around 2-5kg). What are you waiting for?

YOUR FOUR FAB ARM FIRMING MOVES

The mixture of moves and repetitions will ensure an even sculpt across the whole of the arm.

» Tricep dips

With your back facing a chair, rest the heels of your hands on the edge of it, knees bent. Keep spine straight and your bottom close to the chair. Inhale to lower your bottom down, pointing your elbows directly backwards. Exhale and tighten your abs as you push back up, straightening your arms.



TIP
Keep your gaze straight ahead to help maintain posture

» BOOST! Works your abs

After you have placed your hands on the back of the chair, straighten one leg and lift the other foot up off the floor and keep it in the air as you perform a tricep dip, then swap legs.



» Press-ups

Begin on all fours with your hands out wide and your knees under your hips. Inhale to lower your chest (not your face) between your hands, keeping your abs tight and your back straight. Exhale to push back up.



» BOOST! Perks your pecs

Begin as before, but either place your knees further back or go up on to the balls of your feet to form a straight line from head to your toes. Then perform the move as before.



» Row

Hold a dumbbell in your left hand and rest your right knee and hand on a chair (or bench). Your back should be flat and you should create a right angle at the supporting shoulder and hip. Keep your core tight and bring your left elbow to the side of your chest. Switch sides and repeat.



TIP
Do this slowly, keeping abs drawn in throughout

» Bicep curl

Stand with your feet hip-width apart, holding dumbbells in front of your thighs, palms facing up. Exhale to curl the weights to shoulder height.



» BOOST! Builds strength

Perform the above move, then add in a shoulder press. When your dumbbells are at shoulder height, inhale and rotate your hands so that your palms now face forward. Exhale and press the dumbbells straight up overhead. Pause, before reversing the movement to the start position.

TIP
Lower arms slowly to make muscles work harder

» BOOST! Good for upper back

Perform the above move, but when the weight is at the side of your chest, press the weight out behind you until your arm is completely straight. Reverse the move to return to the start. Switch sides and repeat.



NOW WATCH OUR VIDEO



Get your technique right with Caroline's masterclass on the Fit & Well YouTube channel



You can also watch the video and sign up to the challenge on our Facebook page. Like us at [facebook.com/fitandwellmagazine](https://www.facebook.com/fitandwellmagazine)

TURN OVER FOR THE CHALLENGE »

30 day challenge

» HERE'S YOUR CHALLENGE CHART – GET TICKING!

» Rest & stretch days

In order for your muscles to adapt to the stresses of exercise (which is how you get strong and toned), you need to build in some rest periods. On your rest or stretch day, it's fine to perform some gentle cardio exercise, such as swimming or a brisk walk, but avoid weights for the best results. Try yoga or Pilates, or spend 10 minutes stretching out your arm, chest and upper back.

TIP

Up the dumbbell weight when the reps become easy

				1 <input type="checkbox"/> 10 Tricep dips 10 Press-ups	2 <input type="checkbox"/> 12 Bicep curls 12 Rows	3 <input type="checkbox"/> 10 Rows 10 Bicep curls 10 Tricep dips 10 Press-ups
				4 <input type="checkbox"/> REST DAY	5 <input type="checkbox"/> 14 Tricep dips 14 Press-ups	6 <input type="checkbox"/> 12 Rows 12 Bicep curls 12 Tricep dips 12 Press-ups
7 <input type="checkbox"/> STRETCH DAY	8 <input type="checkbox"/> 14 Rows 14 Bicep curls 14 Tricep dips 14 Press-ups	9 <input type="checkbox"/> 16 Rows 16 Press-ups 16 Bicep curls 16 Tricep dips	10 <input type="checkbox"/> REST DAY	11 <input type="checkbox"/> 18 Rows 18 Bicep curls 18 Tricep dips 18 Press-ups	12 <input type="checkbox"/> 20 Bicep curls 20 Press-ups	13 <input type="checkbox"/> STRETCH DAY
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Words Natalia Lubomirski Photos Anne-Marie Bickerton, Corbis. All clothing supplied by Lorna Jane (activeinstyle.co.uk), trainers supplied by Helly Hansen (hellyhansen.com)

SMART CHOICES

That's clever!

When choosing a spread, look at your diet. If you eat a lot of foods rich in saturated fat like cheese, then a spread with less saturated fat is a smart choice.

ST HELEN'S FARM GOATS BUTTER

This is ideal for those intolerant to regular butter. The high fat content makes it better for baking too.



BENECOL OLIVE

Made from a blend of oils including olive, rapeseed and palm, this is low in saturated fat and contains stanol esters, which help reduce cholesterol levels.



BUTTER

Is it always best?

Sales of butter are soaring, but it isn't the only option, thanks to these next-generation spreads...



ARLA LACTOFREE SPREADABLE

Good for the lactose-intolerant, but it still contains cows' milk protein, so be careful. Fortified with vitamins A and D.



CLOVER ADDITIONS STRONG BONES

This has 50% less saturated fat than butter and just 23 calories per teaspoon.



PURE DAIRY FREE SOYA

Made from soya beans, this has 75% less saturated fat than butter and contains vitamins and folic acid.



LURPAK SPREADABLE LIGHTER WITH OLIVE OIL

A reduced-fat spread made from butter, olive oil and vegetable oil, so it has fewer calories and less saturated fat than butter.

NEED TO KNOW...

» Butter and margarine contain the same amount of fat and calories, usually around 82g fat per 100g and 744 calories. The difference between the two is the type of fat.
» Butter contains mainly saturated fat, which can raise cholesterol, while margarines and spreads contain mainly monounsaturated or polyunsaturated fat, which help lower cholesterol.

» Low-fat and reduced-fat spreads contain between 40-70% fat, and have 364-634 calories per 100g, depending on the brand you buy.
» Experts recommend women should eat no more than 20g saturated fat a day. As 1tsp (5g) of butter contains 2.6g saturated fat, two slices of buttered bread give a quarter of the maximum amount you should eat in a day.

Stress less

budget buys

Find it hard to unwind?
Try these instant soothers
- all for under £10!

1



**Neal's Yard
De-Stress
Aromatherapy
Blend, £9.70**

Use this blend when you just want to escape your troubles and flop. As well as helping to relieve emotional anxiety, the scents of neroli and ylang ylang transport you somewhere more exotic than the hum-drum.

2

**Baylis & Harding Skin Spa Herbal
Therapy Single Wick Candle, £8**

Focusing on a candle's flame encourages slow, deep breathing, increasing oxygen into your lungs.



3

**Bubble T Hibiscus
& Acai Berry
Tea Restoring
Shower Gel, £8**

Start your day with a wild strawberry shower! Fragrance experts say that berry notes can remind us of the carefree outdoors.

4

**Original
Transdermal
Zechstein Inside®
Mineral Soak
FOOT AND BODY SOAK**

An aid to skin health,
muscle relaxation and
remineralisation.
Super saturated pharmaceutical
grade magnesium chloride taken
from the Zechstein seabed.

**BetterYou Magnesium
Flakes, £9.95**

Sprinkle into your bedtime bath
- the magnesium is proven to
encourage deep, restful sleep.

TREATS UNDER £10



5

Garnier Skin Naturals BB Cream Eye Roll-On, £9.99

Disguise dark circles and bags after sleepless nights with this multi-tasking all-in-one eye cream, concealer and illuminator. You'll be ready for whatever life throws at you.



6

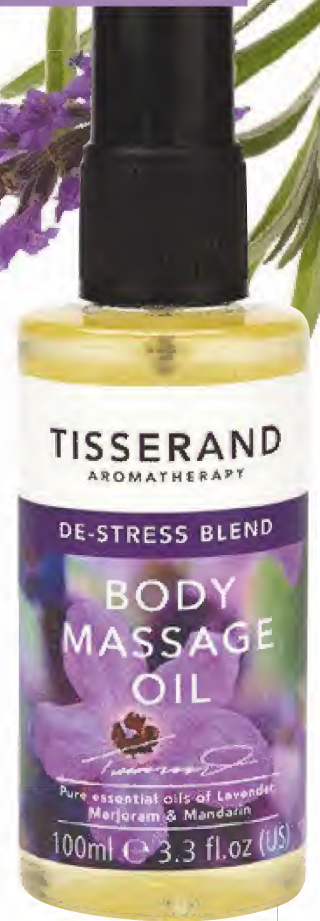
Boots Essentials Rose Lip Balm, £1

Rose is calming without the soporific effects of lavender. Sniff the tin throughout the day to help you unwind.

7

Tisserand Aromatherapy De-Stress Blend Body Massage Oil, £9.50

Massage this into your skin for a peaceful sleep or add a few drops to a vaporiser or burner to give a fragrant, relaxing scent to your bedroom just before you head to bed at night.



8

Kneipp Stress Free Herbal Bath, £9.95

These uplifting salts are enriched with mandarin and orange oils for the best sleep-inducing results.



L'Occitane Lavender Shea Butter Extra-Gentle Soap, £4.50

Turn your bathroom into a sanctuary - lavender soothes the nervous system, while rosemary relieves muscle tension.

10

Neutrogena Visibly Clear Spot Stress Control Daily Foaming Wash, £4.49

Spots cause stress, which causes more spots! Use a salicylic acid cleanser for happier, clearer skin.



11

Clipper Organic Calming Infusions Chamomile Tea Bags, £2.15

Bad day? This herbal brew is known for its sedative-like effects - you'll feel the weight lift from your shoulders.

12

The White Company Perfect Linen Scented Sachets, £10

There's nothing more comforting than the scent of just-been-washed linen. Pop a sachet in a drawer or hang in a wardrobe for a refreshing boost of bergamot, jasmine, mimosa and sweet vanilla.



13

Bach Rescue Pastilles in Orange & Elderflower, £4.69

When you're on the go, chew on a homeopathic pastille to release panic-easing botanicals like Star of Bethlehem and Rock Rose.



'I never dreamed I could do this'

After years of battling with her weight, a new fitness regime changed Vicky Mitchinson's life



'At 5ft 4in, I was 15st 5lb when we got engaged'

All my life, I've been a yo-yoer. I was chubby as a girl, and when I went to uni, I put on weight. I was doing an intense four-year teaching degree and I was so tired at the end of each day that it was hard to eat healthily.

Once I started working, my weight just went up and down.

I'd be strict with myself for a while and lose some weight, but then I'd put it back on. When I met Tony, who's now my husband, in 2009, I had lost quite a lot, but once our relationship began, I started to gain it back. Gradually, I noticed my clothes felt too tight, then I had to buy bigger sizes. I really wanted to lose it and joined a gym, but in August 2011 I was involved in a car accident. I hurt my lower back, so I couldn't exercise for months. The weight piled on and I got really depressed about it.

When Tony proposed to me in December 2012, that was a motivator.

At 5ft 4in, I was 15st 5lb - my heaviest. In August 2013, I joined Weight Watchers. I learned to be careful with my portion sizes and began to lose the pounds. Then I joined a gym and one of the instructors, Rich Taylor, suggested I go along to his CrossFit and strength and conditioning classes.

CrossFit is challenging. The hour-long classes involve strength training and conditioning, as well as cardio. You might do a mix of shuttle runs and skipping, squats with the bar, push presses, box jumps and burpees.

I was nervous at my first class.

I'd only just started losing weight and was a long way off my goal. But the



'CrossFit is tough but gives me such a buzz'

other people were friendly and I was reassured to see they were all different shapes, sizes and fitness levels. I found the class hard, but it gave me a buzz.

I started going to CrossFit three times a week. Within two months, I'd really started to tone up. Tony took photos of me every four weeks to track my progress, which was so motivating. As my dress size began to drop, I felt healthier and more confident.

Some women worry about bulking up if they lift weights, but it doesn't happen - you need testosterone to get big muscles. It's just great feeling strong and lean.

I'd reached my goal weight six months after starting CrossFit.

I'd lost 5st and dropped from a size 16 to a 10. On my wedding day in October, I felt amazing. I never dreamed I could look that good.

I feel so much better in myself.

And it's easier now for me to look after the 4-5 year olds at school. Even small

VICKY'S WEIGHT LOSS

Before	After	Loss
Weight		
15st 5lb	10st 5lb	5st
Dress size		
16	10	3 sizes

things, like being able to get up from the floor quickly, make a difference.

CrossFit's given me loads of benefits. It's great for reducing stress and I've made lots of friends through it.

I'll never go back to my old ways. After the wedding, I briefly let myself go and put on ½st, which was a wake-up call. I quickly lost it by getting back to my regular classes. At weekends we have a treat and a bottle of wine - but because I'm exercising, I can afford that.
» Vicky, 32, lives in York with husband Tony. She trains at Dominus Strength and Conditioning at Compello Fitness. » Go to weightwatchers.co.uk



Vicky reached her goal weight by her wedding

GET GOING!

WHAT IS IT?

CrossFit is an hour-long class that blends high-intensity interval training, Olympic weightlifting, gymnastics and other exercises. Normally, you'll do a warm-up, followed by a segment where you work on your skills (for example, learning to lift weights correctly), a high-intensity workout of the day (sometimes called WOD),

finishing with stretching. Exercises might include kettlebell swings, pull-ups on the bar and box jumps.

WHERE CAN YOU TRAIN?

At affiliated gyms - known as CrossFit 'boxes' - around the UK. Visit map.crossfit.com to find your nearest.

CAN ANYONE TRY?

Yes, as long as you have no injuries or conditions that

would affect you exercising. While the workouts are the same for everybody, you can adjust them to your level. For example, beginners can use lighter weights.

WHAT ARE THE HEALTH BENEFITS?

It's a thorough, overall workout combining cardiovascular fitness with strength training. You're

encouraged to pay attention to what you eat, too. Many CrossFit trainers recommend following a paleo diet (see ours on p12), so you can expect to lose fat and build muscle. Recent American research found women burned on average 12 calories a minute during a workout.

Find your style, shop the look



BROWSE HUNDREDS OF ROOMS FOR INSPIRATION



FIND STYLE IDEAS



SHOP THE LOOK



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STRETCH BEFORE OR AFTER YOUR WORKOUT?

The answer After
The reason Research shows limbering up before exercise doesn't help decrease muscle soreness or prevent injury. Start with a five-minute warm-up if possible, but never skip stretching afterwards.

LIVE WELL

TAKE PAINKILLERS OR PUT UP WITH A HEADACHE?

THE ANSWER

PUT UP WITH IT

THE REASON

There's often an explanation for a headache - perhaps you need water, food or a screen break. It's better to address the cause rather than masking symptoms with medicine. Only pop pills if you've tried everything else first.

What's *better*?

We give you the knowledge to make the right decisions - fast!

Lose lbs or inches?

THE ANSWER INCHES

THE REASON Your waist measurement is a more accurate predictor of your risk of heart disease than your weight. That's because the type of fat that parks itself around your belly releases chemicals and hormones linked to an increased risk of disease. If your waist is more than 31½in, it's time to focus on whittling it.



15%

You can cut your risk of depression by this much if you drink two to three cups of coffee daily.



WHAT'S THE BEST BONE BOOSTER?

Calcium's an essential bone nutrient. You need 700mg per day, and up to 1,200mg daily after menopause, when you lose the bone-protective effects of the hormone, oestrogen. Make sure you're getting enough...

½ tin sardines with bones



= 258mg

200ml milk



= 240mg

Matchbox-sized piece of cheese



= 220mg

250ml calcium-enriched orange juice



= 195mg

2 large slices white bread



= 100mg

1 serving spring greens



= 56mg

SUNFLOWER *VS* RAPESEED OIL

THE ANSWER

Rapeseed

THE REASON

Rapeseed oil has the lowest saturated fat content of any cooking oil and is high in health-boosting omega-3 fatty acids.





Look better naked

This plan doesn't just burn fat, it gives you smoother, firmer skin too. Bonus!

Lose
6lb in 2
weeks!

3 STEPS TO A FIRMER FIGURE

1 BURN FAT The diet plan is low in calories, but not so low that your metabolism will slow down and go into 'starvation mode'. Plus it's filling, with plenty of low GI (glycaemic index) foods like wholegrains, fruit and veg.

2 TONE MUSCLES Firm, toned muscles act like a built-in pair of 'magic knickers' to hold you in. Plus, resistance exercises help to boost your metabolic rate, so you burn more calories even when you're resting.

3 BEAT CELLULITE You'll be filling up with vitamin-C rich fruits and vegetables, which help you to produce collagen, your skin's natural firming agent, to minimise the appearance of 'orange-peel skin'.

THE DIET rules

» Eat as much salad and veg (except potatoes) as you like, just don't add fat.
» Salad dressings must be fat-free - try adding balsamic vinegar instead.

» Stay hydrated with plenty of water; 'diet' soft drinks and squash are allowed, but keep them to a minimum. Add just a splash of skimmed milk in tea and coffee.

BREAKFASTS

Choose one each day

» 2 Weetabix, 150ml skimmed milk and a chopped pear. A glass of pure fruit juice.
» A banana and berry smoothie made with ½ a banana, a handful of berries, 150ml skimmed milk and 2tbsp low-fat natural yogurt. 1 orange.
» Slice of wholemeal toast with a little low-fat olive spread and 1 scrambled egg. 1 fat-free fruit yogurt.
» 40g wholegrain cereal (All-Bran, Bran Flakes, etc) with 150ml skimmed milk. Pot of fruit in juice.



LUNCHES

Choose one each day

» Slimmer's Ploughman's - 4 rye crispbreads, 2 light mini Babybel cheese, celery, pepper and carrot sticks and 2tbsp tomato salsa. An apple and a satsuma or clementine.
» Wholemeal wrap with salad and 75g spicy cooked chicken. 1 fat-free yogurt.
» 3 oatcakes, topped with 100g cottage cheese with pineapple, and large mixed salad. Nectarine/peach.
» Low-cal pasta and tuna salad (less than 300 calories) with 8 cherry tomatoes. Cherries or grapes.
» Small wholemeal roll spread with mild mustard, filled with 75g lean ham and



sliced tomato. Mixed salad and a pear.
» Any supermarket sandwich less than 350 calories. 1 piece of fruit.

DINNERS

Choose one each day

» Vegetable chilli (under 375 calories if bought) with 3tbsp rice (cooked) and large mixed salad.
» Low-fat chicken risotto (under 375 calories if bought) and large salad.
» Cauliflower and chickpea curry with 3tbsp brown rice (cooked) and salad.
» 150g salmon fillet, grilled, with 3 new potatoes, asparagus, broccoli.
» 50g chicken breast dusted with Cajun spice, baked with 4 new potatoes, red pepper, button mushrooms, courgette and onion wedges. Serve with large mixed salad.



» 150g prawns stir-fried with 200g bag of stir-fry vegetables seasoned with soy sauce, and 'ready to wok' noodles.

Ditch the dimples



» Any exercise stimulates your circulation, helping to reduce the appearance of cellulite.
» Body brushing a couple of times a week also peps up your circulation.
» Drink plenty of water - plumped-up, hydrated skin helps conceal any dimpled fat beneath.
» Cut down on salt - it makes your body hang on to excess fluid and can make you look puffy.

Turbo charge it



» Use up an extra 100 calories each day with any of these aerobic exercises:
» Start skipping. Aim for two minutes and work up to 10 minutes.
» Take a brisk 20-minute walk.
» Get a hula hoop and spin it for 10 minutes. The modern ones have weights built in to give them more momentum.
» Run up and down stairs for 10 minutes (great for bottom and thighs).
» Turn on some fast-paced music and dance like a teenager for 15 minutes.

SNACKS

Have one portion of fruit and one snack from the list each day:

» 1tbsp nuts and seeds
» 4 Brazil nuts and 2 dried apricots
» 2 rye crackers with low-fat cream cheese
» A pot of vegetable sticks - carrot, celery, pepper, cucumber - with 2tbsp salsa.
» 2 squares of good-quality dark chocolate
» 1 sachet low-calorie hot chocolate
» 1 fat-free fruit yogurt
» 1 Jaffa cake



FREE UK DELIVERY
AND COLLECTION

Get the body you've always wanted with no gym and no diets!

The UK
Weight Loss
NetworkOur Facebook
friends give us thumbs up!

At the UK Weight Loss Network, we believe the quality of our treatment can best be described in the words of our many happy customers.

You will see on our website that, rather than quote emails or verbal conversations with customers, we try wherever possible to post screen shots of genuine customer comments on social media, so all prospective customers can be confident in the veracity of our testimonials.

Here is a small selection of typical feedback we receive on our Facebook page regularly. Visit UK Weight Loss Network on Facebook and see these, and many more, for yourself!

"I just finished using mine. It does work. I have lost 6 inches around my waist alone. And I only used it three times a week. My clothes fit better and I'm so pleased with the result. It's easy to use, too."

Arlene G

"I've had this machine now for just over 2 weeks - I use it for my mobile beauty business. I have used it on two clients: one has lost 8cm on her stomach in 5 treatments and the other lady lost 7cm in 2 treatments. I have found it great and my clients are very, very happy."

Danielle S

"This machine is fantastic! I have been using it for nearly 2 weeks and have lost inches from my thighs and hips, and my overhang from a big op a couple of years ago is all but gone. I go on holiday in 2 weeks and was dreading having to put swimwear on and bare my body. Now I will feel more confident and less stressed. It's easy to use and I would recommend it to any of you ladies that need a confidence boost."

Viv T

Join us on Facebook:
UK Weight Loss Network

New device shifts stubborn fat fast!

- Revolutionary treatment now available to rent
- Lose inches fast in the comfort of your home
- Save money and time on pricey salon visits
- **FREE, fast nationwide delivery and collection**

**NOW
HALF PRICE!**
**NOW ONLY
£49
PER WEEK**
**YOURS TO USE
AT HOME!**

Ultrasonic Liposuction: the revolutionary new treatment that will remove fat... FAST!

ARE YOU TRYING TO LOSE weight? Have you got stubborn areas on your body where the fat just won't seem to shift?

Well, if you're sick of spending hours at the gym, or getting nowhere with that latest fad diet, then the UK Weight Loss Network can help, by providing a fast, painless and effective alternative.

A revolution in the Ultrasonic Liposuction industry

Now, for the first time, the UK Weight Loss Network provides professional equipment which delivers incredible results, for personal use in the comfort of your own home.

That's right! At our special rate we deliver and collect - for FREE - your very own Ultrasonic Liposuction device for you to use at your convenience, at home.

And better still, we are now offering it you at HALF the normal price. For just £49 a week - with a minimum rental of 4 weeks for first time customers - we will deliver your device by



"...using it 10 minutes a day and the results on my stomach are amazing!" Arlene G

courier, and pick it up again when you're finished with it! Remember, a single, identical salon treatment will cost you £39 for a half hour appointment, making this offer a real 'no-brainer'!

Professional equipment for professional results at home

For many years now, our clinics, network members and even some independent salons have used our exclusive, top-quality equipment to offer their customers the best in non-invasive liposuction.

Fast, effective and non-invasive

Cavitation is a natural phenomenon based on low-frequency ultrasound. The ultrasound field creates bubbles in the liquid that surrounds the fat cells, which gradually grow and implode. As the membranes of fat cells do not have the structural capacity to withstand the vibrations, the effect of cavitation easily breaks them, while sparing the vascular, nervous and muscular tissue. It's completely safe to use and totally pain-free.

After disruption and emulsification of the fat cells, liquid which makes up the fat cells is released into the fluid between the cells. This is then metabolized to glycerol and free fatty acids. Water soluble glycerol is absorbed by the circulatory system and used as the energy source, whereas the insoluble free fatty acids are transported to the liver and processed as fatty acids from food. Ultrasonic cavitation causes an emulsification of the fat, releasing the triglyceride fluid which is easy to eliminate through the urine and the lymphatic system. The whole process is performed in around 30 minutes and requires the use of 2 treatments heads that are applied to the treated area. It is painless, non-invasive and you experience no down time, making it the perfect treatment for your lunch hour or as part of your busy schedule.



**FAST
& TOTALLY
PAIN
FREE**



A revolution in Ultrasonic Liposuction: this incredible device offers fast, pain free and totally effective treatment with professional salon-like results, all in the comfort of your own home

"I rented this before Christmas and lost 8 inches from 3 different areas of my body ... really pleased with the results."

Karen H, Facebook

For years this equipment has been the reserve of the professionals. But, after many requests, we now provide this equipment specifically designed for private use.

No more travelling back and forth to appointments when the clinic can fit you in. Now you can lose inches at your own convenience in the comfort of your own home.

For more information visit our website, join our Facebook page or call FREE on 0800 689 0521.

"I'm using it for just 10 minutes a day and the results on my stomach are amazing. I really was sceptical at first but it's been worth every penny!" Yvonne, Facebook

Call FREE today to discuss your rental options... with FREE courier delivery (and collection) you can start seeing results fast.

— THE UK WEIGHT LOSS NETWORK —

Call 0800 689 0521

Mobiles call 0161 241 5012 or discover more online at www.UKWeightLossNetwork.co.uk

UK Weightloss Network, 53 Fountain Street, Manchester, M2 2AN

SWAP THIS *for that...* Breakfasts

Grabbing it on the go? Opt for a healthier way to start the day...

<p>INNOCENT</p>  <p>SWAP Defence Super Smoothie 229 cals</p>	<p>SAVE 103 cals</p>  <p>FOR Kiwis, Apples & Limes Smoothie 126 cals</p>	<p>MCDONALD'S</p>  <p>SWAP Chocolate Muffin 515 cals</p>	<p>SAVE 284 cals</p>  <p>FOR Chocolatey Donut 231 cals</p>
<p>COSTA</p>  <p>SWAP Chocolate Twist 350 cals</p>	<p>SAVE 102 cals</p>  <p>FOR Butter Croissant 248 cals</p>	<p>WAITROSE</p>  <p>SWAP Waitrose Egg Mayo & Bacon 553 cals</p>	<p>SAVE 99 cals</p>  <p>FOR Good To Go Egg & Smoked Salmon 454 cals</p>
<p>YEO VALLEY</p>  <p>SWAP Natural Yeogurt & Granola 278 cals</p>	<p>SAVE 100 cals</p>  <p>FOR 0% Fat Strawberry Yeogurt with Granola 178 cals</p>	<p>LEON</p>  <p>SWAP Salmon & Egg Muffin 310 cals</p>	<p>SAVE 138 cals</p>  <p>FOR Smoked Salmon & Avocado Pot 172 cals</p>

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We've teamed up with Buyagift.com, the leading provider of gift experiences and activity days in the UK, to offer you 20% off their fantastic range of pampering experiences.

Available at many locations across the UK, you can choose from indulgent overnight breaks, including at the award-winning Champneys spa resorts - why not treat yourself to a luxurious Chocolate Wrapper treatment? Or enjoy a pamper day at Bannatyne's, one of the biggest leisure and beauty treatment

chains in the country, which includes a treatment and full use of all the facilities.

So whether you're looking to increase your fitness, be pampered for a special occasion or just the luxury of a relaxing day out, there's something for you!

WHAT TO DO

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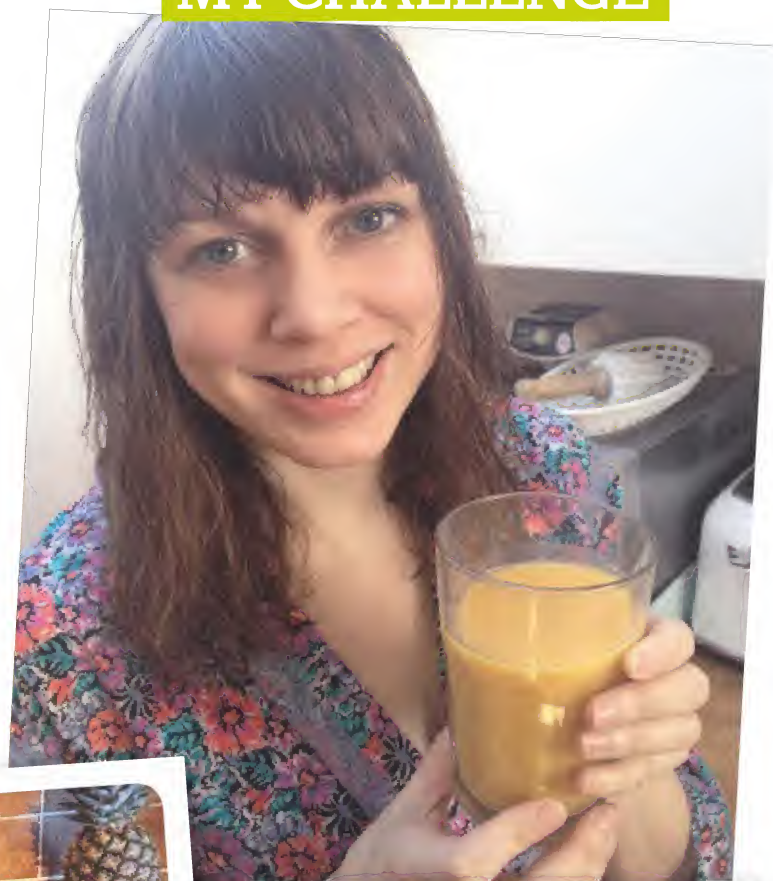


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'Can juicing help me lose 5lb in 5 days?'

In search of a slim-fast solution and boundless energy, Laura Jane MacBeth jumped on the celebrity juice wagon



When Carol Vorderman recently tweeted pics of her ridiculously slim figure after a trip to Jason Vale's Juice Retreat, she was just the latest in a long line of celebs to extol the virtues of juicing. Which is all very well for them, but can the rest of us get through life on juice alone?

So, I decided to give the Juice Master's diet plan a go. Jason Vale credits juicing with not only helping him slim down, but curing his asthma and psoriasis, and boosting energy levels. Every day you make two juices and sip them at 10am, 1pm, 4pm and 7pm. You also start each day with a shot - not the fun kind - one made from half an apple and a chunk of ginger. You can have limitless herbal teas, and are also allowed one optional Hunger SOS snack a day (an avocado, banana or Juice Master bar).

Getting started

On day one I'm up bright and early. Just as well because, it turns out, juicing takes quite a lot of time. The apple and ginger shot is simple enough, but the main juices are much

more complicated. Turbo With A Kick includes apples, pineapple, spinach, lime, celery, cucumber, ginger and avocado for a juice that 'helps to oxygenate the blood while alkalising the body' (well, it sounds healthy anyway). While the Natural Energiser (pineapple, spinach, cucumber, courgette, fennel, sugar snap peas and lime) 'provides an energy lift' with vitamins C, B and K, iron, calcium and potassium.

Oddly, I don't feel hungry, but I experience a severe caffeine crash, manifesting as a splitting headache. I try to clean out the juicer for tomorrow but the smell of the pith turns my stomach and I creep, weakly, to bed.

Feeling better

The next day I try the nutrient-rich Veggie Power Smoothie (apples, spinach, kale, lemon, cucumber,

celery, broccoli and avocado). Despite the deep green colour, it tastes light and refreshing, and I feel a million per cent better than I did last night.

The other juice is Ruby Tuesday (pineapple,



'Juicing the ingredients each morning takes time'

carrots, beetroot, ginger and basil) which Vale says boosts energy, being loaded with vitamins B, C and beta-carotene, calcium, iron, potassium and magnesium. It's my least favourite so far, but I'm still amazed to find that I'm not really struggling with the general lack of solid food. In fact, sometimes I have to remind myself it's juice time.

Two more different juices follow on day three - but I've hit a wall and tear into my Hunger SOS Juice Master bar mid-afternoon. Sometimes you just need something to chew on.

On day four I start to lose the will as I prepare my juice batches. I'm running late and it's not normal having to deal with this many ingredients first thing, even if it is good for 'every part of your body'. By now I'm seriously starting to feel sad about the lack of food - while I'm still somehow sated by the juices, I miss the ritual of eating proper food!



'I feel so energised... it's a great quick-fix diet'

The verdict

On the last day, as I make my final juices, I get a sudden surge of positivity about the whole thing. My skin is clear, my eyes look bright, my hair is shiny, and I feel way more energised than is normal at 7am with no caffeine. Even more exciting is the fact that - true to Vale's promise - I've lost 5lb, and my skinny jeans are once again a possibility. While I probably won't try it again for a while, it's good to know it's there - pre-birthday, wedding, meeting up with an ex-boyfriend. Any time you need to look your absolute best in a hurry. » **For more information visit juicemaster.com**



Carol's a juice fan... and looks great on it!

20 ways to

RUN HARDER

Whether you're just starting to jog or training for a race, our expert tips will power you on...

TECHNIQUE AND TRAINING

1 **START WITH WALK-RUN**

'If you're a beginner, start by alternating walking with running for 30 minutes,' says Nell McAndrew, author of *Nell McAndrew's Guide To Running* (Bloomsbury Sport, £12.99). 'Run for a minute to every four minutes walked. This may seem slow, but it's a proven way to slowly build fitness and stay injury-free.' As the running efforts feel easier, you can increase them by 30 seconds while reducing the walking intervals by the same amount - you could change the ratio weekly. 'In just nine weeks, you should be able to run 5km (about 30 minutes) without stopping,' says Nell.

2 **THINK POSTURE**

Yes, posture matters when you're running - holding yourself the right way maximises your efficiency so you don't waste any energy. 'A good mantra

is simply 'Run tall', says running coach Karen Weir (runwithkaren.com). 'Imagine your hip bones as headlights on a car that are shining straight ahead, not tipping down or up. Keep lifted, relax your shoulders and use your arms - they help you pick up pace. Hold them at a 90-degree angle, hands and shoulders relaxed. Keep them parallel, don't swing them across your body. Make sure to drive your elbows back with each stride.'

3 **SHAKE IT UP**

If you keep running the same distance, over the same route, at the same pace, every time you head out for a run, you'll soon hit a plateau. 'Try to run three times a week,' says Karen. 'Make one a longer, slower run; one a steady, fun run; then have one where you focus mostly on speed intervals or hills. Variety is key, whatever your goal.'

4 **ELEVATE**

'Hills are a great training tool,' says Karen. 'If you regularly include them in your runs you'll build strength and power - which translates to greater speed and comfort on the flat. Focus ahead of you, don't look down, and shorten your stride. Use your arms to power you up.'

5 **GET SPEEDY**

'Once you're confident, try interval training, which is proven to burn fat fast and kick-start your metabolism,' says Nell. 'After warming up, run at your normal pace for a few minutes, then again as fast as you can for 30 seconds. After each interval, slow down and allow your heart rate to decrease, then run fast again for another 30 seconds. Keep repeating this until you've done this at least five times (increase the number as you get fitter).'



THERE'S AN APP FOR THAT!

6 **Change4Life Couch to 5K, free iOS, android**

An app version of the NHS podcast. Virtual coach, Laura, trains complete beginners on a walk-run programme until they can run non-stop for 5km. You can use it with your own music playlists.

7 **Footpath Route Planner, free iOS, android**

This finds your location on a satellite map and lets you use your finger to draw routes. The free version lets you save up to five routes, or upgrade for £2.99 to save unlimited.

8 **McRun, £3.99 iOS, android**

A pace-calculator tool from internationally renowned coach Greg McMillan. Enter the time and distance of a recent race and it predicts the time you can reasonably expect to run races of other distances.

9 **Nike+ Running, free iOS, android**

A basic run tracker with audio feedback and a 'cheer' every time someone likes your activity report on social media. It can track NikeFuel and plays a 'power song' of your choice.

10 **Strava Run, free iOS, android (or £4.49/month)**

Strava is an excellent platform to view and analyse data from worn devices like your TomTom, Polar or Garmin GPS watch. You can also see where you rank on a leaderboard of Strava users.

CLEVER BITS OF KIT



**11 TOMTOM
MULTI-SPORT
CARDIO, £249.99,
tomtom.com**

Speedy GPS tracking, an easy-to-read face, heart-rate monitoring from the wristband for multiple sports.



**12 THE FLIP
BELT,
£25,
theflipbelt.co.uk**

A single, tubular waistband that fits your keys, phone, money, music, gels and snacks all in one place. A great problem solver.



**13 HELLY
HANSEN
W VTR
PRINTED 7/8
CAPRI, £50,
hellyhansen.com**

Performance and fashion collide in Helly Hansen's technical fabrics. Try these cool capris (also available as shorts).



**14 CARNATION
FOOTCARE
PEDIROLLER
FOOT EXERCISER,
£9.99,
pediroller.co.uk**

Roll the soles of your feet over this tool to ease aches and pains.



**15 Nike Road
Machine
sunglasses,
£79.90,
nikevision.com**

These running sunnies are so light you won't feel them. Ventilation holes prevent fogging and rubber nose pads stop them slipping.

IT MAY SOUND BONKERS BUT...

16 RUNNING HELPS YOU EAT LESS

A 2014 study by nutritionists at the University of Aberdeen found people who had run hard for an hour were more likely to choose healthy options to eat later than calorific snacks. And a Brazilian study found treadmill running awakens brain cells that regulate eating, telling us how much to eat and when we're full.

17 IT'S NOT BAD FOR YOUR KNEES

A large study, presented at the American College of Rheumatology Annual Meeting last year, showed runners are no more likely to get knee problems than non-runners - in fact, running may protect against osteoarthritis of the knee later in life.

18 IT'S ANTI-AGEING

When Canadian scientists analysed the outer and inner skin layers of vigorous exercisers aged 65 and older, they found they resembled what they would typically expect to find in 20 to 40 year olds.

19 IT SHARPENS HEARING

Scientists think that aerobic activity improves circulation to the ears, so fit people get more of the nutrients that preserve hearing. Researchers from Bellarmine University in Kentucky found female runners were 6% more likely to have better hearing than women who are less fit.

20 YOU'LL SLEEP BETTER

An Australian study found runners fell asleep more quickly and for longer compared with people who lifted weights or did no exercise. Research from the US found that people who exercised at a moderate level were less sleepy during the day.



#fitandwellruns



Use this hashtag to share tips, pics of your route or run selfies on Twitter @fitandwellmag

Can a CUPPA change your life?

**BEST
FOR**
beating the
bloat

PEPPERMINT

'Peppermint tea is traditionally consumed after meals to help improve digestion, and it may also be helpful if you have IBS symptoms such as bloating,' says nutrition consultant Ian Marber.

TRY Teapigs Tummy Tonic, £3.99/15 tea bags



**BEST
FOR**
easing period
pain

RASPBERRY LEAF

Tea from the raspberry plant has long been used to regulate cycles and soothe period pain. Studies have found it also helps shorten labour - but many experts believe you shouldn't drink it before 32 weeks of pregnancy.

TRY Clipper Organic Raspberry Leaf Tea, £1.79/20 tea bags



GINGER

Feeling sick? Whether it's down to pregnancy, travelling or something you've eaten, research from the University of Exeter finds ginger can help fix nausea.

TRY Pukka Three Ginger, £2.39/20 tea bags



**BEST
FOR**
tackling
nausea

ROSEHIP

'Rosehips are high in vitamin C, which can help support your immune system to shake off colds,' says Ian.

TRY Heath & Heather Rosehip Teabags, £3.19/50 tea bags



**BEST
FOR**
busting
colds

VALERIAN

If stress is affecting your shut-eye, sip a soothing cup of valerian tea before bed. 'Camomile is often recommended to help you sleep, but

I find valerian tea more effective,' says Ian.

TRY Dr Stuart's Valerian Plus Tea, £2.19/15 tea bags

**BEST
FOR**
sleep
problems



CAN GREEN TEA REALLY BURN FAT?

Green tea contains caffeine and antioxidants called catechins, both of which help burn calories, but a review of studies found drinking green tea didn't have any significant effect on weight loss. However, research does show that it could help keep your heart healthy.

NETTLE

Nettle is thought to have natural antihistamine properties and one study has found it could actually help reduce sneezing and itching in hayfever.

TRY Twinings Rejuvenating Nettle, £1.49/20 tea bags

**BEST
FOR**
halting
hayfever



Give your **MEMORY** A WORKOUT

Always hunting for your keys or forgetting workmates' names? Our expert tips will help boost your brain power and keep you sharp in the future...



1 SIGN UP FOR AN EVENING CLASS

Learning a language is one of the best ways to boost your brain power and could even help to put brain ageing into reverse, found a recent University of Edinburgh study. Or join a local choir – studies have found a strong link between music and memory.

2 SLEEP MORE

'There's nothing more important for your memory than night-time sleep,' says sleep expert Professor Colin Espie. Studies show that people given a new task recall it more accurately after a good night's sleep. If you often wake in the night, you may have some blanks the next day. Visit sleepio.com for a CBT (cognitive behavioural therapy) based programme to help you nod off.

3 EAT EGGS

They're packed with a mineral called choline, and research from Boston University has shown people with high levels of this in their diets perform better in memory tests and are less likely to show brain changes linked with dementia. Eating plenty of choline may help make a difference to how

your brain ages, too. Chicken, fish, lentils and beans are all good sources.



4 CALM DOWN

As you'll know if you've ever mislaid your notepad during a hectic day at work, stress hampers memory – especially before and during your period, according to research from the University of California. Yet scientists found being under pressure can sharpen your recall



during the rest of your cycle, when progesterone levels are higher. So if you're premenstrual and stressed, take some time to chill out. Try the Headspace app, free, which has short meditations to help.

5 DON'T DITCH THE CARBS

A US study found that mental performance declined after just a week on a low-carb diet. The reason? Carbs feed your brain with glucose, needed for energy. Go for unrefined complex carbs, like wholegrain bread and wholemeal pasta.

6 GET CHECKED

An underactive thyroid – which affects 15 in every 1,000 women – can hamper memory. See your doctor if you have symptoms, which include sensitivity to cold, tiredness, weight gain and dry skin and hair.



7 LOWER THE PRESSURE

High blood pressure can affect your memory, research has found. Plus, it can raise your risk of dementia later in life. So get yours checked – a healthy reading is 120/80 or below. Being active for at least 30 minutes every day and cutting back on salt – you shouldn't have more than 6g a day – helps, too.

8 MOVE IT!

Exercise increases the size of your hippocampus – the part of your brain that makes memories – improving memory and helping to protect your brain in the long-term,

found a US study. And you don't need to sweat it out for hours at the gym to get the benefits – walking for 40

minutes, three times a week, was found to be enough to make a difference.

9 DRINK LESS

Overdoing alcohol can affect the hippocampus. Spanish researchers found students who had four or more drinks on a night out were less efficient at learning new information. So stick to one to two units a day.



10 BEAT HORMONAL LAPSES

If you're in your forties and your memory's getting a bit patchy, it could be down to shifting hormones in the run-up to menopause. Women's health expert Dr Marilyn Glenville recommends taking ginkgo biloba to help improve concentration. Thankfully, menopausal memory lapses are temporary.

The best brain boosters

The Luminosity app, free. This genius app has loads of games and puzzles designed by scientists to bolster your memory and sharpen your mind.



Viridian High-Five B Complex with Magnesium Asorbate, £6.76 for 30 caps. Research has shown B vitamins can help keep your memory going strong by protecting against brain shrinkage.



Power Health Sage Oil, £4.70 for 60 caps, powerhealth.co.uk. These capsules were studied by researchers at Northumbria University, who found they helped improve memory for several hours afterwards.



That's clever!

Need to remember what you're doing? Research has found chewing gum increases blood flow to the brain, so keep a sugar-free pack to hand for tricky times.

THE ONE THING... that helps me remember



'I use visualisation techniques to remember items rather than writing a shopping list.' *Joanna Haigh, 38*



'I regularly do word search puzzles to give my brain a workout.' *Helen Todd, 33*



'I remember how many items were on my list. I have to think harder to recall it all.' *Rosalind Ryan, 39*



'To remember an item, I visualise doing silly things with it. It really works!' *Suzanne Buckingham, 39*

Find your perfect *SPORTS BRA*

Whether you're trying low-impact yoga or high-impact sprints, make sure your sports bra is giving you the right support

PERFECT FOR PILATES

What to look for
A low-impact style will work for yoga and other floor-based activities, where bouncing is minimal.



£9, Primark, 32A-38E

TIP
Choose moisture-wicking fabric to keep your body dry



£25, Nike, xs-xl



£18, Adidas, xs-xl

STRONG FOR AEROBICS

What to look for
Choose a medium-impact bra for aerobic gym classes like Zumba and boxfit, to offer support as you up your pace.



£14.99, New Look, 32A-38DD



£39, Gossard, 32A-38D

TIP
Do stretches and jog on the spot to check for comfort before you buy



£22, Adidas, xs-xl

TOP FOR TENNIS

What to look for
A high-impact bra is great for jumping around a tennis court or other team or racquet sports, where you want to be held firmly in place.



£32, Triumph, 32B-40DD

TIP
If you have a large bust, a cup-sized bra with wide straps is best



£34.50, Panache, 32B-40GG



£19.50, M&S, 32A-36DD

RIGHT FOR RUNNING

What to look for
Whatever your size, running (and mountain biking) demands a high-impact sports bra to minimise up and down movement.



£40, Sweaty Betty, 32A-36F



£25, M&S, 34B-40G

TIP
Jog in front of a mirror – if there's bounce, it's time for a new bra



£25, Shock Absorber, 32B-40HH

Your super-fast facelift

10
minute
challenge

Can 10 minutes a day make the difference? Find out with this month's facial yoga challenge...

Forget Botox - you can get a youth boost without a needle in sight. 'The muscles in your face respond to exercise just like the muscles in the rest of your body,' says personal trainer and face yoga expert Anna Reich. 'With regular practice, your face will start to look lifted and your skin smoother.' Try four of Anna's facial yoga moves...



The owl

Firms up your forehead and reduces lines and wrinkles.

- » Make C shapes on your face placing your index fingers above and parallel to your eyebrows and your thumbs at the top of your cheekbones.
- » Pull down with the index fingers while trying to raise your eyebrows for 2 seconds. Repeat 3 times, then hold for 10 seconds.



Circle the eyes

Reduces bags, puffiness and wrinkles by improving blood flow and removing toxins.

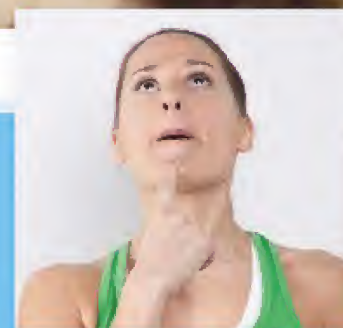
- » Place your middle fingers where your eyebrows start, and begin gently tapping around your eyes, down along the cheekbones and to the inner corners of your eyes. Do this 3 times in one direction and then 3 times in the other.



The giraffe

Firms and lifts your neck and lower jaw area to help prevent future sagging.

- » Looking ahead, place your fingertips at the top of your neck and stroke downwards while tilting your head back. Jut your lower lip out as if you were a sulky child and move your fingertips to your collarbone for resistance. Hold for 4 deep breaths.



Smile smoother

Softens fine lines around your nose and mouth.

- » Hide your teeth with your lips and make a small 'O' shape. Keep your lips tight, smile, then repeat and hold the smile. Place your index finger on your chin. Tip your head back, move your jaw up and down for a few seconds and repeat 3 times.

The miracle of massage

It helps to increase circulation and lymph flow, and remove toxins to reduce poor skin tone, puffiness and dark circles.

Take the challenge!

Tick off each day, from 1 to 30. Performing these moves daily will help keep the muscles in your face toned and firm. As they are lifted and firmed, your skin will tauten, reducing lines and wrinkles.

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9	<input type="checkbox"/> 10
<input type="checkbox"/> 11	<input type="checkbox"/> 12	<input type="checkbox"/> 13	<input type="checkbox"/> 14	<input type="checkbox"/> 15	<input type="checkbox"/> 16	<input type="checkbox"/> 17	<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20
<input type="checkbox"/> 21	<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24	<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27	<input type="checkbox"/> 28	<input type="checkbox"/> 29	<input type="checkbox"/> 30

What's your real health age?

Forget wrinkles, it's ageing on the inside that matters. Take our quiz to help you live longer

You may look young, but it's your inner - or biological - age that determines how healthy you are in the future. Although the genes you inherit do play a part, a whopping 70-80% of your vitality is up to you, according to a study by Boston University, in America. Your daily habits can either add or

subtract years from your life, whether you prefer greasy takeaways to healthy home-cooked meals, or you're inclined to lounge around on the sofa in front of the telly than get your trainers on for a run.

So find out how you fare in the health-age stakes by answering the questions below (come on, be honest now...), then circling each answer in Your Actual Age panel, right.

TRY THE QUIZ

1 How would you describe your average daily diet?

- ☐ Good, I eat my 5-a-day
- ☐ Fair, I have the occasional takeaway
- ☐ Poor, I love a bit of junk food

2 How often do you eat oily fish or eggs?

- ☐ Three or four times a week
- ☐ Once or twice a week
- ☐ Yuk, never touch them

3 What are your cholesterol levels like?

- ☐ Low
- ☐ Average
- ☐ High

4 How often do you drink alcohol?

- ☐ I never touch the stuff
- ☐ I'm a social drinker, but I don't drink much
- ☐ Most nights - I can't relax without a glass of wine (and I usually finish the bottle)

5 Do you smoke?

- ☐ No, never
- ☐ I used to, but I've given up
- ☐ Yes

6 How often do you exercise every week?

- ☐ I do 30 minutes, five times a week
- ☐ I do a bit of exercise when I can be bothered, I'm quite active anyway
- ☐ I haven't got the time nor the energy

7 What is your parents' health like?

- ☐ Very good
- ☐ Fair
- ☐ Not good

8 How would you describe your stress levels?

- ☐ Low. I don't tend to get too stressed
- ☐ Medium. My life's busy, but I manage
- ☐ High. I often feel unable to cope

9 Are you in a long-term relationship?

- ☐ Yes, and we support each other
- ☐ Yes, although we don't get on well
- ☐ No, I'm single

10 Do you get much 'me time'/time to relax?

- ☐ I make a point of making time on my own to wind down every day
- ☐ Not much, but I grab a quick cuppa and a sit down when I can
- ☐ Never!



WORK OUT YOUR SCORE

Take your actual age and add or take away years according to your answers in the table below. For example, if you're 39 and scored ALL green answers you should pat yourself on the back as you have clawed back your teenage years with a health age of just 16! But a 39-year-old scoring ALL blues will have a health age of an incredible 87!

YOUR ACTUAL AGE

1	-2	-1	+3
2	-2	-1	+3
3	0	+1	+8
4	-2	+4	+7
5	0	+3	+7
6	-2	+2	+3
7	-4	0	+5
8	-4	+2	+6
9	-3	+3	+1
10	-4	+1	+5

What's the verdict?

If you scored a younger health age, congratulations! Don't let your regime slip, though. Keep that score low by staying health-aware and deal with any health niggles as soon as they arise. If you scored an older health age, see the Live Longer Rules to make changes and bring down your health age.

7 LIVE LONGER RULES

1 EASE STRESS

Excessive stress can shorten your life. University of California researchers say it can add 10 or more years to the biological age of a woman's cells, and could be linked to the early onset of age-related diseases. Avoid situations that you know will stress you and make some 'me time' involving deep-breathing techniques and relaxation. Try to find at least 10 minutes every day where you're completely alone and focused on relaxation.

2 GET FIT

Up your activity levels to reduce your health age. Try to do something that will get your heart pounding every day, such as going car-free for a week and seeing how much better you feel physically. Cycling and swimming are great for all-round exercise. Even moderate exercise can lower your biological age by up to three years. You'll lose weight, too (being obese increases conditions such as diabetes, possibly shaving up to 12 years off your life, according to the journal *Obesity*).

3 EAT WELL

Ideally, aim for eight portions of fruit and veg a day, but if you're managing five, you're doing well and could be adding two to three years to your life. Eat a diet low in fat to guard against cholesterol and improve your heart health. Opt for oily fish (such as salmon and mackerel) up to three times a week to boost your brain and protect your heart. And eating high-quality protein sources, such as eggs, are great for body growth and repair.

4 CUT OUT SMOKING

It's never too late to quit. Giving up now can add five years to your life expectancy. More than 100,000 people die in the UK each year because of smoking - it's the largest cause of

preventable death. But it's not only the ciggies...

5 LIMIT DRINKING

Alcohol is responsible for more than 40,000 deaths in the UK each year, plus it causes accelerated ageing throughout your body, particularly the brain. Limit your drinking to no more than two to three units a day (175ml glass of 13% wine), ideally less, to lower your health age significantly.

6 FIND A LITTLE LOVE - AND SEX!

A little bit of love can go a long way to a longer life. People in loving, long-term relationships tend to live around six years longer than their single friends. Of course, sex keeps you young, too, and lengthens your life. It not only raises your hormone levels (so keeping you young), but can boost your metabolism, heart health, immunity and brain function, too. What a great excuse for a bit of fun between the sheets!

7 CHECK OUT YOUR GENES

Your parents' health is a factor in assessing your life expectancy, as conditions such as heart disease and some cancers run in the family. But lifestyle tweaks - including the tips above and the great advice you'll find throughout the rest of *Fit & Well* magazine, means you can help protect yourself.





Ready for
your next
challenge?

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the next issue of

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well**

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£1.99

ON SALE 7 MAY

SIZE 8 & shattered!

'Time for one last push...'

Spring has sprung and, after training in the depths of winter, running in the heat of the sun is a shock to the system. On one of my long runs I ended up getting a blister and got so hot and sweaty I just wanted to collapse in a heap. I put my hands up and gave up as my foot was so sore, and limped back home feeling defeated. To say it was a disastrous run is an understatement. But I've got

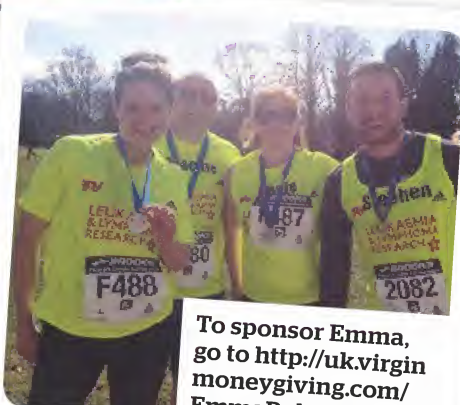
to get used to it. Marathon Day is usually a bit of a scorcher and they'll be no giving up then.

Size 8 jeans

I never ever thought I'd say the words 'I need a size 8!' I skipped out of Zara clutching my bag with my mini-sized jeans - that actually fit - and could've asked every other shopper to high-five me as I went. This added bonus has put a massive smile on my face. I LOVE my new jeans.

Hmm, can I do this twice?

Arriving at the Fleet half marathon with friends was nerve-racking. Had I done enough training to get me round? It was a great privilege to run for Leukaemia & Lymphoma Research and, guess what... I did it without stopping. I smashed the 13 miles in 2 hours 12 minutes. But as I crossed the finish line, buzzing on Jelly Babies, all I could think was 'Can I really do another 13 miles?' But for now, I'm on a high - I did it!



To sponsor Emma, go to <http://uk.virginmoneygiving.com/EmmaRobertson>

My month in numbers

- » £30 spent on running gear
- » 3 physio sessions
- » 2 times my bra came undone
- » 4 bad runs
- » 1 blister

I've hit a wall

There's only a matter of weeks left until the big day and my enthusiasm has packed its bags and is lying on a beach, relaxing. It's not easy to admit that I've had enough of the relentless training and I want a real break from it all - I feel like I'm letting down

everyone that's sponsored me. Friends who've done the marathon before assure me this is completely normal - phew - and are building me back up again with lots of encouraging words and advice.

Gel hell? No thanks...

People talk about using energy gels for a boost on long runs. But along with that comes the horror stories of them giving you an upset stomach, followed by an unspeakable accident. This is terrifying - can you imagine? So I'm on mission 'gel trial' to find one that works for me...

Emma's video diary



To see Emma's regular marathon vlog, like us on Facebook at [Facebook.com/fitandwellmagazine](https://www.facebook.com/fitandwellmagazine)



1 Facials make your skin break out

» **FICTION!** 'This shouldn't happen unless your therapist hasn't removed products thoroughly, or has used a product that doesn't suit your skin, or an unsuitable technique, such as deep massage on acne-prone skin,' says Abigail James, Liz Earle Global Treatment Ambassador. Always opt for bespoke treatments tailored to your skin type.

2 Dark circles are caused by lack of sleep

» **FICTION!** If you have under-eye shadows, blame your parents - this skin niggle is mostly down to genetics. Dark circles are the result of blood vessels showing through the thin skin below your eyes and as you get older, the skin will thin, which can further deepen circles. Now for the good news: while a week of early nights won't magic them away, a great concealer can. We love Clarins Instant Concealer, £21 - a smoothing cover-up that doesn't sink into fine lines.



10 beauty myths busted

We've cut through conflicting beauty advice to sort fact from fiction

3 Wearing nail polish is bad for nails

» **FICTION!** 'This is a common misconception,' says Laura Cowley, nails educator at Jessica. 'But nails, like hair, are dead tissue and don't need to breathe. In fact, keeping nails painted is good for them, as polish adds extra strength to prevent breaks.' If your nails keep flaking, use a protective base coat like Jessica Fusion, £11.60.

4 Shaving makes your hair grow back thicker

» **FICTION!** Shaving cuts the hair across the top, which makes regrowth feel stubbly,' says Alley Laundry, waxing guru at Parissa. 'This gives the impression of being thicker but it isn't really.' Try waxing instead - it lasts much longer, too.

5 A silk pillowcase stops wrinkles

» **FACT!** The best sleeping position to guard against lines is on your back - pressing your face into your pillow can drag on your skin. But a silk pillowcase is the next best thing. 'Silk is much thinner than cotton, so you're less likely to wake with those dreaded pillow lines after a good night's sleep,' says leading beauty therapist Malvina Fraser.

6 You shouldn't match your eyeshadow to your eye colour

» **FACT!** It 'fights' with your eye colour, whereas a contrasting colour will make your eyes 'pop'. For dark brown eyes, go for a dark blue, such as Maybelline Color Tattoo Eyeshadow in Everlasting Navy, £4.99. If your eyes are a lighter brown, hazel or green, purples look good - try Bobbi Brown Long-Wear Cream Shadow in Velvet Plum, £19. Blue and grey eyes should pick warm shades, like Bourjois Little Round Pot Intense Eyeshadow in Brun Sienne, £6.99.



7 Toner helps close up pores

» **FICTION!** Sadly, there's nothing you can do to shrink open pores. 'They open due to excess amounts of oil and can't be closed again,' says Sally Penford of The International Dermal Institute. But you can improve their appearance with regular exfoliation. We love Dermalogica Gentle Cream Exfoliant, £38.

8 Toothpaste will nix a spot

» **FACT!** 'Toothpaste contains chalk and other ingredients that dry the spot,' says Malvina. 'It also reduces the inflammation to cut down the time the spot takes to heal.' So you could do worse than to dab on a little the next time a blemish erupts - but bear in mind gel toothpaste won't work.

9 You don't really need a night cream

» **FICTION!** 'Skin renewal peaks between 11pm and 3am and this is when it can best absorb ingredients, so use a specially designed product to coincide with these hours,' says Noella Gabriel, director of treatment development at Elemis. 'Night creams nourish skin with any vitamins lost during the day.' Try Elemis Tri-Enzyme Resurfacing Night Cream, £89.



10 You have to throw out mascara after three months

» **FACT!** Any liquid make-up harbours bacteria more easily than powder. And mascara's particularly prone to a bug build-up because you're constantly pumping the wand, which means bacteria get transferred into the tube, raising the risk of eye infection. So change your mascara after three months. We like Rimmel Rockin Curves Extreme Black Mascara, £6.99.



WE TEST THE BEST

SLEEP

gadgets

The latest tech and top apps that will help you sleep like a baby tonight...

Sleep is essential for all of us. It plays a vital role in our physical and mental wellbeing, helping our brains work properly, so we can make decisions, solve problems and control our emotions. Plus, it also helps our bodies heal, regulates our hormones and even keeps our waistlines in check. Sometimes, though, that restful slumber is hard to come by, which can impact on our stress levels, mood and immunity. But don't worry, whatever your sleep problem, we've found a solution. Check out the app or gadget that will take you from weary to wide-awake in no time.

WITHINGS AURA SMART SLEEP SYSTEM (£249.99)



TESTER

Charlotte Richards, Editor

WHY I NEED IT

I often wake up exhausted, even if I think I've slept well. I want to improve the quality of my sleep, so I find it easier to get up.

BEST BITS

It features a light and sound system designed to soothe you to sleep and wake you up gently. Pop the sensor pad under your mattress and it'll track your sleep and send information to your phone, which will help the alarm to wake you up at the right point.



BEST FOR
Improving sleep quality

DOWNSIDES

It's not cheap and I'm not sure the tracking gave me that much more than a free app - I'm more interested in how to improve my sleep patterns. I'm also not convinced I'm finding it easier to wake up, but I'll persist as I know it's a big challenge for me.

GET THE MOST FROM IT

You can buy a separate sensor to add on for your partner, and you can use the device as a lamp and a charger for your phone.

SLEEP TIME: SLEEP CYCLE SMART ALARM IOS APP, FREE

BEST FOR
Restless sleepers



TESTER

Jo Checkley, Woman's Own Deputy Editor

WHY I NEED IT

I often wake up tired, so I want to know how much good quality sleep I'm getting.

BEST FEATURES

Tuck your phone under your pillow and the app records your sleep efficiency and when you slept most deeply. It also starts to wake you up to 30 minutes before your alarm, so there's less shock to the system.

DOWNSIDES

I'm uncertain of its accuracy, as after a particularly bad night's sleep the app recorded 95% sleep efficiency!

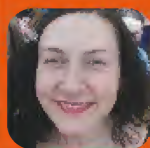
GET THE MOST FROM IT

You can keep a record of sleep patterns and see the average sleep you're getting.

DREAM:ON (IOS APP, FREE)



BEST FOR
Those woken by weird dreams



TESTER

Deborah Hughes, Art Director

WHY I NEED IT

When I'm stressed, I have strange dreams that disturb my sleep. I want to see if there's a way I can control my dreams so they're more pleasant.

BEST BITS

The app, designed by a psychology professor, is based on the idea that subconsciously listening to a certain soundscape while you sleep can influence your dreams. I selected a nature soundscape (there are 40 to

choose from), which is intended to give you positive, relaxing dreams. And it worked!

DOWNSIDES

You have to sleep with your iPhone right next to you, so the sensor can monitor your sleep and play your soundscape at the perfect time.

GET THE MOST FROM IT

You can record your dreams afterwards in the app's diary and start to look for patterns.

SLEEPPIO (£4.99/WEEK FOR 12-WEEK PROGRAMME; SLEEPPIO.COM)

BEST FOR
Insomniacs



TESTER

Charlotte Haigh MacNeil, Features Editor

WHY I NEED IT

I go through phases of insomnia, waking in the early hours and unable to nod off again.

BEST BITS

Sleepio is a structured programme based on cognitive behavioural therapy (CBT), which gives you

strategies to help you stop feeling anxious about not getting to sleep. This isn't a quick fix but it can reset your sleep pattern for life.

DOWNSIDES

Having to get out of bed when you wake. It's to ensure you only link being in bed with being asleep, but it isn't fun having to haul yourself into a cold living room at 3am.

GET THE MOST FROM IT

Use it with a Jawbone UP wristband, which monitors your sleep, and it will save you having to keep a sleep diary.

PZIZZ (IOS APP, FREE)

BEST FOR
Those who can't fall asleep



TESTER

Natalia Lubomirski, Features Writer

WHY I NEED IT

For me, lights out means eyes wide open and a million thoughts whirring through my brain. I need help to achieve restful slumber.

BEST BITS

It combines ambient sound and a soothing narrative to help you peacefully fall asleep. Every night a new soundtrack is created, so it doesn't become repetitive.

DOWNSIDES

The man's voice can seem a bit off-putting at first, but persevere! It can't be used by epilepsy sufferers - if you're unsure check with your doctor.

GET THE MOST FROM IT

Try out the power nap option to help you re-energise in the middle of the day.

LUMIE BODYCLOCK ACTIVE 250 (£99.95)



TESTER

Sarah Tully, Picture Editor

WHY I NEED IT

As a working mum, I get up early and find it a struggle to get out of bed.

BEST BITS

The gadget has a soft glowing light that increases gradually in brightness to wake you up. This culminates in a

variety of alarm options, including birdsong. I loved this - it put me in a great mood.

DOWNSIDES

The light alone didn't wake me up a couple of times, as I'm quite a heavy sleeper. It would probably work better on darker winter mornings, when light isn't already flooding into your room.

GET THE MOST FROM IT

Use it as a home security device by setting the light to go on and off at intervals.



THE ONE THING...

TV presenter and broadcaster Gaby Roslin, 50, on the little things that make a big difference



...I do to de-stress

I enjoy a long, relaxing day. I start with a lazy morning in bed, without the rush of the school run. Then I make a big lunch, followed by a walk in the park. This is finished with a hot bath, a film and a glass of vodka or prosecco.

...that really perks up my energy levels

Fuelling my body adequately with healthy food choices. It's whatever you put into your body that equals what you get out of it. It's all about giving your body the right fuel, then not only will your engine work better, but you'll feel better, too.



Gaby is a natural in front of the camera

...I love as a mum

My two daughters Libbi-Jack (from her first marriage to musician Colin Peel) and Amelie (who she has with husband David Osmon) are inseparable.

...I do to stay in shape

I work out four or five times a week in the gym, doing Pilates, weights or TRX.



...I eat to stay healthy

Oily fish. It's packed with omega-3 and is a good source of vitamin D, essential for a balanced diet. I also take Seven Seas Perfect7 to increase my fish oil and vitamin intake - even a healthy diet can do with an extra boost to support your general health.



...that gives me confidence

Being in front of the cameras. You wouldn't believe it, but I'm very shy and have to take a deep breath when I walk into a party. But as soon as I walk out on set and I'm presenting, I'm fine.
» Gaby Roslin is the ambassador for Seven Seas Perfect7 multivitamin supplement

...I love about ageing

Being happy. I gave up apologising about that a long time ago. I've always been the type of person who jumps out of bed in the morning with a big smile on my face.

Tweet your tip!



Gaby wants to hear your best advice on helping your daughter not worry about her looks. Tell us @fitandwellmagUK

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Woman's Own

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stores are a one-stop shop for everything natural, ethical and environmental: wholefoods, organics, raw foods, allergy-free foods, vitamins, minerals, herbs, amino acids, sports nutrition, essential fatty acids, cruelty-free bodycare, environmental-friendly household cleaners, recycled paper products - some even stock eco-paints, organic clothing and vegetarian pet foods.

Health stores have staff who are qualified and/or experienced in helping with a wide range of health conditions including Acne, Allergies, Children's Health, Digestion, Energy, Fatigue, Hair, Skin & Nails, Heart Health, Joint Mobility, Mood, Menopause, Men's Health, Mouth

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